

# — Breakfast

## To Start the Day

<b>CONTINENTAL BREAKFAST</b> Warm banana loaf, low fat yogurt & seasonal fruit salad	15.00
<b>CINNAMON FRENCH TOAST</b> Egg dipped brioche, sugar dusted, with maple whipped butter	16.00
<b>FRIED EGG SANDWICH</b> 1 fried egg, aged cheddar, lettuce, tomato, crispy bacon, mayo, on brioche, served with crispy home fries or hand cut fruit salad	15.00
<b>BUTTERMILK WAFFLES</b> Served with whipped cream, maple syrup, and fresh berries Add melted chocolate or salted caramel	17.00 2.00
<b>BUTTERMILK PANCAKES</b> Served with maple syrup, and fresh berries Add blueberries Add melted chocolate or salted caramel	16.00 2.00 2.00
<b>SMOKED SOCKEYE SALMON BAGEL</b> Smoked salmon on a toasted bagel, cream cheese, diced red onions, capers, lemon dressed micro salad	16.00
<b>GREAT CANADIAN BREAKFAST</b> 2 eggs any style, 2 slices of bacon, 2 Glenwood bangers, 2 slices of country ham, your choice of toast, served with crispy potatoes or hand cut fruit salad and your choice of fruit juice	24.00
<b>BEAR BREAKFAST BOWL</b> 2 eggs poach any style, sausage, bacon, ham, green onion, red pepper, pico de gallo, crispy potatoes, shredded cheddar, hollandaise	22.00

## Omelettes & Bennies

<b>TRADITIONAL EGGS BENNY</b> 2 poached eggs, butter toasted English muffin, country ham, hollandaise sauce served with your choice of crispy potatoes or hand cut fruit salad	18.00
<b>SMOKED SALMON BENNY</b> 2 Poached eggs, butter toasted English muffin, smoked sockeye salmon, and hollandaise sauce served with your choice of crispy potatoes or hand cut fruit salad	20.00
<b>PULLED PORK WAFFLE BENNY</b> 2 poached eggs, crispy Belgian waffle, bbg pulled pork, chipotle hollandaise, served with your choice of crispy potatoes or hand cut fruit salad	20.00
<b>MUSHROOM OMELETTE</b> Roasted mushrooms, Boursin cheese, served with your choice of crispy potatoes or hand cut fruit salad	16.00
<b>HAM &amp; CHEESE OMELETTE</b> Country ham, aged cheddar served with your choice of crispy potatoes or hand cut fruit salad	17.00
<b>BEAR BREAKFAST OMELETTE</b> Bacon, sausage, ham, tomato, aged cheddar served with your choice of crispy potatoes or hand cut fruit salad	19.00
<b>WEST COAST OMELETTE</b> Smoked sockeye salmon, red onion, asparagus, Boursin cheese served with your choice of crispy potatoes or hand cut fruit salad	20.00



### OCEAN WISE PROGRAM

All seafood options on this menu are recommended by the Vancouver Aquarium's Ocean Wise Program as ocean friendly



#### OUR SOURCING PROMISE

We actively seek out suppliers we trust, to source ethical, sustainable and organic ingredients wherever possible.

### Eat Well Menu

<b>EGG WHITE OMELETTE</b> 	17.00
Wilted spinach, tomato, asparagus, green onion, soft herb cheese with hand cut fruit	
<b>SCRAMBLED EGG &amp; TURKEY WRAP</b> 	18.00
Flour tortilla, cheddar cheese, avocado, tomato salsa, served with hand cut fruit salad	
<b>HEALTHY BREAKFAST</b> 	18.00
2 poached eggs, grilled tomato, grilled asparagus, salsa verde, avocado, lemon dressing, micro salad	
<b>OATMEAL</b> 	10.00
Sliced banana, raisins & brown sugar	
<b>BIRCHER MUESLI</b> 	10.00
Blueberry, shaved granny smith apple, honey yogurt & granola	
*Half potato & half fruit	1.00



### Basics & Sides

<b>COLD CEREAL</b>	5.00
Fruit Loops®, Corn Pops®, Rice Krispies®, Special K®, Frosted Flakes®	
<b>CRISPY POTATOES</b>	5.00
<b>SHREDDED HASHBROWN</b>	5.00
<b>HAM, BACON, OR SAUSAGE</b>	5.50
<b>SIDE OF TOAST</b>	7.00
White, whole wheat, rye, sourdough, multi-grain, English muffin, croissant	
Gluten-free add	2.00
<b>FRESH MUFFINS</b>	5.00
Ask your server for today's selection	
<b>BAGEL &amp; CREAM CHEESE</b>	5.00
<b>FRUIT SALAD CUP</b>	5.50
<b>YOGURT CUP</b>	5.50
Vanilla, low-fat, or greek	

### Juicery by Westin

<b>KALE SMOOTHIE</b> 12OZ	7.00
Kale, banana, mango, spinach, coconut milk	
<b>STRAWBERRY SMOOTHIE</b> 12OZ	7.00
Strawberry, coconut milk, matcha, honey, vanilla	
<b>BLUEBERRY BANANA SMOOTHIE</b> 12OZ	7.00
Blueberry, banana, soy milk, honey	
<b>WATERMELON &amp; CUCUMBER SMOOTHIE</b> 12OZ	8.00
Watermelon, cucumber, mint, coconut water	
*Add for a 16 oz smoothie	2.00

### Beverages Hot & Cold

<b>FRESHLY BREWED STARBUCKS® COFFEE</b>	
<b>REGULAR OR DECAF</b>	4.25
<b>LATTE OR CAPPUCCINO</b>	5.25
<b>AMERICANO</b>	5.25
<b>ASSORTED TAZO® TEAS</b>	4.25
Earl grey, green tip, organic chai, orange, chamomile or mint	
<b>HOT CHOCOLATE</b>	4.50
<b>MILK</b>	2.95
2%, skim, chocolate or soy	
<b>JUICE</b>	4.25
Apple, orange, cranberry	

AVAILABLE AFTER 9 AM

<b>CAESAR</b>	10.00
Clamato juice, vodka, seasonings	
<b>MIMOSA</b>	11.00
Prosecco, orange juice	
<b>BAILEY'S COFFEE</b>	10.00
½ oz Bailey's irish cream, coffee, whipped cream	
<b>SPIKED HOT CHOCOLATE</b>	11.00
Hot chocolate, ½ oz choice of liqueur (Kahlua, Tia Maria, Baileys), whipped cream	
<b>MONTE CRISTO</b>	10.00
½ oz each of Kahlua & Grand Marnier, coffee, whipped cream	
<b>SPANISH COFFEE</b>	10.00
½ oz each Kahlua & brandy, coffee, whipped cream	