

SIDECUT

MODERN STEAK + BAR

BREAKFAST

SIMPLE COLD STARTS

RUBY RED GRAPEFRUIT fresh ruby red segments	9
FRESH MIXED BERRIES small / large	6/12
SLICED FRESH FRUITS small / large	9/16
BIRCHER MUESLI oats, green apple, orange, grapes & raisins	12
GRANOLA PARFAIT house made granola & berry yogurt	13
STEEL CUT OATMEAL raisin, brown sugar, almonds	13
FRESH AVOCADO half / whole, lime wedge	4/8
YOGURT CUP vanilla or strawberry greek	7/9

CAGE FREE EGGS AND MORE

TWO EGGS ANY STYLE, choice of side potato sausage ham bacon smoked salmon tomato mushroom asparagus avocado	19
THREE EGG OMELET, choice of 3 fillings swiss cheddar feta ham bacon sausage tomato mushroom bell pepper hot pepper spinach onion	22
EGG WHITE FRITTATA turkey, kale, asparagus, feta, salsa <i>*above selections include one choice of country toast</i>	24
TRADITIONAL EGGS BENEDICT choice of back bacon smoked salmon or avocado	24/26
AVOCADO TOAST guacamole, poached eggs, kale, jalapeño	26
KETO HEMP & KALE TWO EGG SCRAMBLE kale, avocado, gruyere, flax, elk chorizo, whole butter 75% fat 20% protein 5% carbs 848 calories	27

OFF THE GRIDDLE

**selections include real maple syrup & butter, powdered sugar*

MALTED BELGIAN WAFFLE add berry compote or chocolate chips 3	23	BRIOCHE FRENCH TOAST add berry compote or chocolate chips 3	23
BUTTERMILK PANCAKES add blueberries or chocolate chip 3	23	GLUTEN FREE GRIDDLES pancakes or french toast	25

VITALITY POWER BOWL BREAKFAST

B.C. GOJI YOGURT cranberry blueberry hazelnut hemp seed lillooet honey 24	AÇAÍ YOGURT banana papaya cashew quinoa cocoa nibs 25	CHIA COCONUT PUDDING pineapple mango macadamia flax seed coconut flake 23
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FROM THE BAKESHOP

COUNTRY TOAST: 7/two slices
wheat | white | grain | rye | sourdough | english muffin

CROISSANT: 6/each
butter crisp | chocolate | almond

MINI DANISHES: 6/two pieces
berry | apple | cinnamon roll | maple

MORNING TREAT: 6/each
izzy's health bar | banana bread | fruit muffin

BAGEL: 6/each
plain | multigrain | sesame | gluten free

SIDES

POULTRY: chicken sausage | turkey bacon 8 | egg 6

PORK: bacon | sausage | back bacon | cured ham 8

VEGETABLE: sautéed spinach | tomato | mushrooms | potato 8

ADD ON: cream cheese 2 | smoked salmon & capers 10

CEREALS

corn flakes	9
raisin bran	rice krispies
frosted flakes	cheerios
special k	fruit loops
	granola

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BEVERAGES

COFFEE AND MORE

decaffeinated and dairy free options also available

COFFEE*	5
ESPRESSO	6
AMERICANO	6
CAPPUCCINO	7
LATTE	7
chai, mocha, matcha	
hazelnut, caramel, vanilla	add 1
FRENCH PRESS	7
HOT CHOCOLATE*	6
whipped cream, marshmallows	

JUICES AND SMOOTHIES

CHILLED JUICES*	8
orange, grapefruit, apple, cranberry, tomato	
JUICE OF THE DAY*	12
ask your server about today's fresh creation	
FRESH SQUEEZED JUICE	12
fresh oranges or ruby grapefruits juiced to order	
7TH HEAVEN	13
mango, banana, pineapple, coconut water	
almond milk	
EARLY BIRD MANIAC	14
kale, apple, banana, avocado	
CARDIO BLENDER	14
mixed berries, açai powder, goji powder, mint	

LOOSE LEAF TEA* 7

BLACK
english breakfast
flowery earl grey
classic orange pekoe
masala black chai tea

HERBAL
organic chamomile flowers
organic peppermint leaves
organic blueberry rooibos
organic turmeric ginger

GREEN & WHITE
organic health &
wellbeing green
organic jasmine pearl

AFTER 9AM

BREAKFAST CLASSICS

2oz 16

SIDECUT CAESAR
russian standard vodka, cholula
e2 sauce, walter's caesar mix

BLOODY MARY
russian standard vodka, tabasco
worcestershire sauce, tomato juice

LIQUEUR COFFEE

1.5oz 15

served with whipped cream and biscotti

SORTILÈGE COFFEE
canadian or rye whiskey

BAILEYS COFFEE
bailey's irish cream

IRISH COFFEE
jameson's whiskey

SPANISH COFFEE
st-remy brandy & tia maria

BUBBLES

5oz

CLASSIC MIMOSA 16
prosecco, orange juice

LUNA ARGENTA, PROSECCO SUPERIORE, ITALY 21
lively, pear, honey, stone fruit

GRAY MONK, ODYSSEY WHITE BRUT, OKANAGAN VALLEY, BC, CANADA 24
our local brut sparkle, fit for all occasions

BILLECART-SALMON, BRUT 36
MAREUIL SUR AY, FRANCE, NV
fine bubbles, ripe pear, classic biscuit, timeless
minerality, long finish.

why not?

MAKE IT A KIR ROYALE add 3
add crème de cassis to your choice of bubbles