

# Breakfast Menu

## CONTINENTAL BREAKFAST

(MONDAY - THURSDAY) 7:00AM - 10:00AM

**Selection of assorted house-baked,  
low-fat mini-muffin bites and breakfast loaf slices**

served with fruit preserves and butter

*Contains gluten & dairy*

**Overnight oats & mixed berry cups with toasted hemp hearts**

*Gluten & dairy free*

**Hardboiled Vita™ egg and roasted ham**

served with aged cheddar cheese, vine tomato and fresh pumpernickel bread

*Contains gluten & dairy*

**Highwood Crossing Certified Organic Granola & Greek yogurt bowl**

(made with lactose-free yogurt) served with fresh fruit and a Chinook honey drizzle

*Gluten & lactose free*

**Ocean Wise chilled smoked salmon with a green onion & ginger purée**

served with avocado, cucumber slices and a Vita™ hardboiled egg

*Gluten & dairy free*



**Basket of seasonal fresh whole fruits**

**Featured coffee & tea**



— **WEEKEND BRUNCH** —  
(FRIDAY - SUNDAY) 10:00AM - 2:00PM

**Two Vita™ eggs any style**

served with hash-browns and toast alongside your choice of thick-cut double smoked bacon, local sausage or roasted ham slice

**Avocado toast topped with, toasted hemp heart & chia seed pesto**

served with vine-ripened tomato, feta cheese and one Vita™ egg  
*Vegetarian/contains gluten & dairy - \*Gluten free option available*

**Breakfast Clubhouse Sandwich**

topped with one Vita™ egg, aged cheddar cheese, thick-cut double smoked bacon and a vine-ripened tomato served with your choice of hash-browns or fresh fruit cup  
*Contains gluten & dairy - \*Gluten free and/or vegetarian option available*

**Brioche French Toast (2 pieces)**

topped with a mixed berry compote and warm maple syrup  
*Vegetarian/contains gluten - \*Gluten free option available*

**Potato, Green Onion & Cheese Frittata**

served with fresh greens and a lemon herb Dijon dressing  
*Vegetarian/gluten free/contains dairy*

**Eggs Benedict**

Two Vita™ eggs served on house-made, gluten-free biscuits with oven roasted ham and silky hollandaise sauce served with fresh melon slices  
*Gluten & lactose free*

**Organic oatmeal bowl topped with your choice of:**

cinnamon berry compote, banana brulée, toasted Highwood Crossing certified organic seeds & grains

**Choice of milk: 2%, oatmilk, almond, soy**

*Vegetarian/gluten free*

**Omelette station open**

**Featured coffee & tea**



# Lunch Menu

## SOUPS

**Double roasted chicken broth with savoury  
ginger chicken & fresh vegetables**

*Gluten & dairy free*

**Tomato Purée**

*Vegetarian/gluten & dairy free*

**Caramelized onion soup**

*Vegetarian/gluten & dairy free*

## SALADS

**Shaved crisp vegetables (carrot, celery, radish, cucumber, jicama)  
tossed with fresh Bibb lettuce**

*served with a citrusy Chinook honey herb vinaigrette*

*Vegetarian/gluten & dairy free/contains bee pollen*

**Roasted carrot & apple salad with a bright honey-lime glaze**

*served with feta cheese, pickled onion, and toasted seeds & grains*

*Vegetarian/gluten free*

**Petite greens, tossed with herbs, cucumber, radishes,  
tomatoes and our house dressing**

*Vegetarian/gluten & dairy free*



## MAINS

### **Sesame Ginger Chicken & Green Beans**

served on a bed of chilled, minted vermicelli noodles, sweet red peppers and shredded lettuce  
*Gluten & dairy free - \*Vegetarian option available*

### **Clubhouse Sandwich**

Oven-roasted chicken breast, vine ripened tomatoes, bacon, lettuce, single toasted on multigrain bread served with your choice of crisped potato wedges or assorted greens  
*Contains gluten*

### **Grilled Cheese on Brioche Combo**

served with a cup of tomato soup  
*Vegetarian/dairy free - \*Gluten free option available*

### **Ocean Wise Tuna Melt**

served open faced with aged cheddar cheese and your choice of assorted greens or crisped potato wedges  
*\*Gluten free option available*



### **Grilled Alberta Beef Flank Steak Sandwich (4oz)**

topped with roasted garlic & herb mushrooms on crispy brioche toast served with your choice of crisped potato wedges or assorted greens  
*\*Gluten free and/or dairy free option available*

### **Carrot "lox" on toasted bagel with whipped lactose-free cream cheese and crisped capers**

served with your choice of assorted dill greens or crisped potato wedges  
*Vegetarian/lactose free*

### **Signature House Made Burger**

(lettuce, tomato, pickles, house sauce) with single or double patty loaded: add cheese, bacon, avocado, sautéed mushrooms and hot peppers served with your choice of assorted greens or roasted potato wedges  
*\*Gluten free option available*

### **Impossible Burger**

(lettuce, tomato, pickles, house sauce) with single or double patty loaded: add cheese, avocado, sautéed mushrooms and hot peppers served with your choice of assorted greens or roasted potato wedges  
*\*Gluten free and/or vegetarian option available*



## DESSERTS

### **Lactose Free Cheesecake Bites**

topped with house-made mixed berry or chocolate sauce

*Lactose free*

### **Cinnamon & Bee Pollen Scone**

served warm with maple cream and fresh fruit & berries

*Contains bee pollen*

### **House-made pie of the day**

### **Ice cream cart available**



# Dinner Menu

## STARTERS

### **Baked French Onion Soup**

*Contains gluten & dairy*

### **Chilled Ocean Wise Shrimp Cocktail**

served with a spicy horseradish cocktail sauce

*Gluten & dairy free*



### **Grilled pear and fresh apple salad with pickled red onion, aged cheddar cheese and toasted walnuts**

*Vegetarian/gluten free/contains dairy*

### **Wedge greens with roasted carrots, Highwood Crossing certified organic seeds & grains and a crisp Parmesan cheese crostini, drizzled with Green Goddess dressing**

*Vegetarian/gluten free*



## MAINS

### Oven Roasted Chicken Breast

topped with cauliflower & leek purée and served with charred seasonal vegetables  
*Gluten & lactose free*

### Grilled Alberta Tenderloin of Beef (4oz./8oz.)

served with local potatoes and seasonal vegetables & choice of:  
BBQ sauce, garlic herb mushrooms or peppercorn sauce  
*Gluten & lactose free*

### Slow Braised Pulled BBQ Jackfruit

served with tomato, red beans & rice  
*Vegetarian/gluten & dairy free*

### Sautéed Ocean Wise Shrimp

served with crushed fresh tomatoes on a bed of fresh pasta in a lemon and herb olive oil with aged Parmesan cheese  
*Contains gluten & dairy*



## DESSERTS

### Vegan Chocolate Cake

served with Chinook honey, Greek yogurt and fresh seasonal berries

### Frozen yogurt with ground black sesame

served with fresh cantaloupe slices in a light ginger syrup

### House-made pie of the day

à la mode

*\*Dairy & non-dairy available*

