

# Breakfast

## Wellness Options

<i>Victory Smoothie</i>	\$5.95
Choice of Raspberry-Peach, Mango-Pineapple or Strawberry-Banana.	
<i>Isobolic Protein Shake</i>	\$7.95
<i>Fresh Pressed Annapolis Valley Apple Juice</i>	\$6.50
<i>Freshly Squeezed Orange Juice</i>	\$5.50
<i>Freshly Squeezed Grapefruit Juice</i>	\$5.50
<i>Carrot Juice</i>	\$5.50

## Fruit & Cereal

<i>B &amp; B</i>	\$7.95
Bowl of fresh seasonal berries served with almond biscotti	
<i>Oatmeal</i>	\$8.95
Oatmeal with sun-dried cranberries & raisins, brown sugar and cream	
<i>Half Grapefruit</i>	\$5.50
Segmented and served with raw sugar	

## Specialties

<i>The Lord Nelson</i>	\$13.95
Two eggs, any style, with bacon, ham or sausage, home fries, toast, coffee or tea, and your choice of juice	
<i>Two Egg Meal</i>	\$10.95
Two eggs, any style, served with toast and your choice of ham, sausage or bacon	
<i>Fish Cakes</i>	\$11.95
Housemade haddock fish cakes with chipotle hollandaise sauce served with organic greens & berries and toasted almonds	
<i>Home-style Pancakes</i>	\$11.95
Buttermilk pancakes covered with choice of banana or berries and served with Nova Scotia maple syrup	
<i>French Toast</i>	\$11.95
House made chocolate brioche dipped in cinnamon egg custard, served with choice of ham, sausage or bacon & valley apple compote	
<i>Traditional Eggs Benedict</i>	\$11.95
Two poached eggs, back bacon and hollandaise on a toasted English muffin served with home fries	
<i>Belgian Waffle</i>	\$10.95
Served with valley apple & cinnamon compote, fresh berries, toasted almonds and maple syrup	
<i>Three Egg Omelette</i>	\$11.95
With your choice of any three fillings - cheese, ham, bacon, onion, peppers, mushrooms - served with home fries and toast	
<i>Egg White Omelette</i>	\$12.95
Four egg whites with choice of three fillings, traditional, or fresh herbs & chopped scallions, diced tomatoes, forest mushrooms, halloumi or gruyère cheese	
<i>Breakfast Panini</i>	\$12.95
Black Forest Ham & scrambled eggs, sliced halloumi cheese, crusty ciabatta bread served with an organic green salad with fresh berries and toasted almonds	