



POST HOTEL & SPA, BREAKFAST MENU, DESIGN: NELSON VIGNEAULT © 2017

good morning

Light & Healthy

Blueberry-Spinach Smoothie – Blueberry, spinach, 2% greek yoghurt, almond milk, honey, banana. \$12

Strawberry-Banana Oatmeal Smoothie – Strawberry, banana, oats, honey, almond milk, vanilla. \$12

Breakfast Granola Parfait

Home-made granola, 2% greek yoghurt, fresh berries, Columbia Valley bio-honey, bee pollen. \$15

John McCann's Irish Oatmeal Porridge

Raisins & Columbia Valley bio-honey. \$13.5

Breakfast Specialties

Choice of Brewed Coffee, Tea or Hot Chocolate

Smoked BC Salmon on toasted pretzel bun, cream cheese, red onions, capers. \$18.5

Buttermilk Pancakes

Choice of: Plain, blueberry, strawberry, raspberry, banana. Served with fruit compote or Québec maple syrup. \$18

Whole Grain or Buttermilk Waffle

Mixed berries & vanilla chantilly. \$19

Banana Crêpe

Warm banana compote, vanilla chantilly, chocolate-hazelnut sauce. \$18

Brioche French Toast

Caramelized apples & Québec maple syrup. \$18

Swiss Style Cold Breakfast Buffet

Served with Freshly Squeezed Juice & choice of Brewed Coffee, Tea or Hot Chocolate

Yoghurts, cold cereals, home-made granola, Birchermüsli, stewed prunes, poached pears, fresh fruit salad, sliced fruits, fresh strawberries, breakfast breads, danishes, croissants, muffins, home-made jams, sliced cold cuts & cheeses. \$24

add \$10.5 to any hot a la carte item for cold buffet addition.

Egg Specialties

Choice of Brewed Coffee, Tea or Hot Chocolate

Lake Louise Breakfast

Two organic farm eggs (*any style*), breakfast potatoes, fried tomato & choice of breakfast meat. Served with toast. \$19.5

Traditional Eggs Benedict

Toasted english muffin, Canadian back bacon, poached eggs, Hollandaise sauce, breakfast potatoes. \$19.5

Smoked Salmon Eggs Benedict. \$21

3 Egg Omelette

Choice of three fillings: Ham, cheese, mushrooms, onions, tomatoes, spinach, peppers. Served with breakfast potatoes & toast. \$19.5

Swiss Rösti Skillet

Rösti potato with bacon & Gruyère cheese, topped with two fried organic farm eggs. \$21

Croque Madame

Prosciutto cotto, Gruyère cheese, béchamel sauce in toasted brioche bread topped with a fried organic egg. \$22.5

Side Order Breakfast Meats

Bacon. \$6 Veal chipolata sausage. \$7.5

Home-made duck sausage. \$7.5

Black Forest ham. \$6 Canadian bacon. \$6

Juices

Freshly squeezed orange or grapefruit. \$7

Apple, tomato, pineapple, V-8 or cranberry. \$6

Hot Beverages

Arabica brewed coffee, decaffeinated coffee. \$4.25

Illy specialty coffees

Espresso \$4.75

Double espresso \$6

Cappuccino \$5.25

Café latte \$5.75

Hot chocolate \$4.25

Selection of teas \$4.25