

# Stratus Breakfast Menu

All our egg dishes are prepared with omega 3 eggs

|   |    |
|---|----|
| <b>Camembert and mushroom omelet</b>  | 14 |
| <b>Heart smart omelet</b> - omega 3 eggs whites, grilled vegetables, snow goat cheese                                 | 14 |
| <b>Stratus western omelet</b> - Virginia ham, peppers and aged cheddar cheese   | 14 |
| <b>3 cheese omelet</b> - Oka, Gruyere, cheddar  | 13 |
| <b>Eggs Benedict</b> - Canadian bacon, 2 poached eggs, English muffin, hollandaise, fruit salad                       | 15 |
| <b>Eggs Atlantica</b> - smoked salmon, 2 poached eggs, English muffin, hollandaise, fruit salad                       | 17 |
| <b>Full Canadian breakfast</b> - 2 eggs any style, bacon, sausage, home fries, tomato, 12 grain toast and baked beans | 18 |
| <b>Blueberry French toast</b> - muesli baguette, fresh berries, cinnamon butter, maple syrup                          | 14 |
| <b>Atlantic smoked salmon</b> - multi grain bagel, cream cheese   | 12 |
| <b>1 egg</b> - any style with 12 grain toast  | 9  |
| <b>2 eggs</b> - any style with 12 grain toast   | 11 |
| <b>2 eggs</b> - any style with farmer's sausage or maple smoked side bacon and 12 grain toast                         | 14 |
| <b>Chef's homemade granola with flax seed</b> - fruit, low fat yogurt, honey  | 12 |
| <b>12 grain toast</b> - jams and marmalade  | 5  |
| <b>Multi grain bagel</b> - assorted jams or cream cheese  | 6  |
| <b>Cold cereal</b> - Raisin bran, homemade granola and special K  | 8  |
| <b>Irish oatmeal</b> - brown sugar, milk  | 9  |
| <b>Fruit salad</b> - low fat yogurt   | 8  |
| <b>Fresh berries</b>  | 12 |

## Sides

|                    |   |                    |   |
|--------------------|---|--------------------|---|
| Maple smoked bacon | 4 | Fruit              | 4 |
| Farmers sausage    | 4 | Extra egg          | 3 |
| Canadian bacon     | 4 | Grilled vegetables | 4 |
| Home fries         | 4 |                    |   |

## Beverages

|                                |     |                                  |     |
|--------------------------------|-----|----------------------------------|-----|
| Orange juice                   | 4.5 | Loose leaf tea                   | 4.5 |
| Apple, grapefruit or cranberry | 4   | Espresso/Cappuccino/Café au lait | 5   |
| Milk 2% or skim                | 4   | Coffee 100% Colombian            | 4.5 |

## Teas By the Tea Emporium

### BLACK TEAS

#### Bhukial TGFOP

Rich and full bodied black tea from Assam in northern India. Malty and honey notes make this a smooth and rich black tea. For the "Orange Pekoe enthusiast".

#### Cream of Avalon

Rich and full bodied Earl Grey blend. Infused with the oil of bergamot, caramel and Vanilla.

### GREEN TEAS

#### Green tea "Sweet lemon"

Fresh and grassy Japanese green tea with uplifting lemon grass and lemon peel.

#### Ginko "Temple of Heaven"

Japanese green tea with ginko leaves, dried cherries and papaya.

### HERBAL TEAS – CAFFEINE FREE

#### Egyptian Chamomile

Chamomile flowers from Egypt provide the richest, deepest and most soothing flavor.

#### Rooibos "Indian Summer"

Rooibos blended with orange, apple pieces, honey and berries.

#### Sunburst Raspberry

Fruit tea with citrus, raspberry and lemongrass. Loaded with Vitamin C.

#### Peppermint

The old classic. Refreshing and fragrant infusion of mint leaves.



STRATUS

TORONTO  
ATHLETIC CLUB

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