

BREAKFAST

TONIC KITCHEN
+ BAR

FRESH START

TONIC'S BREAKFAST BAGEL 11

honey whole grain bagel toasted and filled with crisp bacon, egg patty, monterey jack cheese, lettuce + tomato, served with a fruit cup

HONEY WHOLE GRAIN BAGEL WITH CREAM CHEESE 5

UPGRADE

smoked salmon, capers + red onion 5

MIX BERRY PARFAIT 7

layers of vanilla yogurt, mixed berries + cinnamon almond granola

OATMEAL 10

served with a fruit cup

TOPPING UPGRADES

- maple syrup + brown sugar 2
- sautéed cinnamon apples 2
- mix berries 2

BANANA MANGO STRAWBERRY SMOOTHIE 7

almond milk, banana, mango, strawberry, yogurt

GO GREEN SMOOTHIE 7

spinach, almond milk, avocado, cucumber, celery, banana, honey

WHIPPED

served with TONIC home fries and your choice of toast

PRIMAVERA FRITTATA 14

sautéed red onion, broccoli, mushrooms, tomatoes + Canadian cheeses

COUNTRY HAM + CHEESE FRITTATA 15

diced country ham, green onions, peppers + Canadian cheeses

SMOKED SALMON + SPINACH FRITTATA 16

smoked salmon, sautéed mushrooms, spinach + Canadian cheeses

GRIDDLE

served with warm syrup

STACKED PANCAKES 3 PANCAKES 9.75

BUTTERMILK WAFFLE 1 WAFFLE 9.75

UPGRADE YOUR PANCAKES OR WAFFLE

- strawberry + banana stack 2.25
mountains of banana and sliced strawberries + topped with whipping cream
- mix berry explosion 2.25
black berries, strawberries, raspberries piled high + topped with whipping cream
- banana nutella 2.25
sliced banana drizzled nutella + topped with whipping cream



STRAWBERRY + BANANA PANCAKE STACK
prices do not include GST or gratuity

FROM THE PAN

served with TONIC home fries
and your choice of toast

SINGLE 9

one egg any style, served with single bacon
or sausage

DOUBLE 11

two eggs any style, country style bacon
or sausage + home fries

RUNAWAY 14

two eggs any style served with country style
bacon, sausage

HANGAR 17

three eggs any style served with ham,
country style bacon, sausage + single pancake

TONIC BENNIES

served with TONIC home fries

SALSA + SPINACH 16

two poached eggs, salsa + spinach
on a warm leek + parmesan puff pastry
with ranchero hollandaise sauce

GRILLED TOMATO + MUSHROOM 16

two poached eggs, sautéed mushrooms
+ grilled tomato on a warm leek +
parmesan puff pastry, topped with
ranchero hollandaise sauce

SMOKED HAM 17

two poached eggs + shaved country ham on a
warm leek + parmesan puff pastry, topped with
ranchero hollandaise sauce

SMOKED SALMON 18

two poached eggs, served with BC smoked salmon
on a warm leek + parmesan puff pastry, topped
with ranchero hollandaise sauce

PLEASE NOTE: Because of the handcrafted nature of our items, the shared cooking and preparation areas of our kitchen and our reliance on suppliers for accurate information, we cannot eliminate the risk of cross-contact or guarantee that any item is free of allergens. When placing your order, please let your server know if you have a food allergy or intolerance.

EXTRAS + SIDES

1 grade 'a' egg	2
vanilla yogurt cup	5
fruit cup	5
bacon 2 strips	2.5
sausage 2 links	3.5
smoked salmon 2 oz	6
smoked ham 2 pcs	4
toast 2 pcs	3

BEVERAGES

coffee tea [ask server for selections]	3
chocolate milk	SM 3.25 LG 4
milk	SM 3 LG 3.75
juice	SM 3.5 LG 4.5



TONIC'S SMOKED SALMON EGGS BENEDICT