

## FLIPPED OR FOLDED EGGS

Flipped = Frittata, Folded = Omlette.

Each include roasted nugget breakfast potatoes or vegetable ratatouille, Also choice of market bread or toast option

### Caprese

Sliced tomato, fresh burrata cheese, pesto drizzle & topped with market salad 15

### Ham & Cheese

Classic option, black forest ham with cheddar cheese 15

### Smoked Salmon

Cold smoked salmon, herbed cream cheese & topped with a market salad 18

### Farmers

Bacon, ham, sausage, onion, peppers, cheese 19

## FRESHLY MADE SMOOTHIES

### Healthy G

Banana, dates, parsley, cilantro, kale, spinach, ginger, lemon, avocado, apple, applejuice 9

### Straw-Banana

Apple, coconut, banana, strawberry & apple juice 8  
Add protein powder 2



# FIRE & OAK BREAKFAST MENU

## Oak Signature Breakfast

Two hard boiled farm fresh eggs, thinly sliced smoked prosciutto, cold smoked salmon, herb cream cheese, sliced grilled tomato, pickled red onion. Choice of market bread or toast option 16

## Fruit & Yogurt Parfait

Layered greek vanilla yogurt, market fruit compote & toasted granola 11

## Fresh Fruit Plate

Market fruit with side of vanilla greek yogurt 13

## Steel-Cut Oats

Served with side of dried fruit, sliced almonds & berry compote. Choice of market bread or toast option 13

## Smashed Avocado Toast

Toasted sourdough, smashed avocado, fresh bruchetta mixture & market salad topper 14

Add two farm fresh eggs prepared to your liking 3

## Just The Way You Like It

Farm fresh eggs prepared to your liking, Roasted nugget breakfast potatoes or Vegetable ratatouille. Crisp applewood bacon, artisan turkey sausage or blackforest ham. Choice of market bread or toast option

Small 11 - Regular 15 - Large 18

Upgrade to steak - add 11

## Chorizo & Chicken Hash

Roasted nugget breakfast potatoes, two farm fresh eggs prepared to your liking, chorizo sausage, chicken breast, peppers, onions then baked with cheese sprinkled with smokey chipotle in a warm skillet. Choice of market bread or toast option 17

## Banana Fosters Waffle

Buttermilk waffles topped with caramelized bananas with nutmeg & cinnamon, nutella drizzle & whipped cream

Kids 9 - Two 13 - Three 15

## Vanilla French Toast

Vanilla egg mixture soaked sourdough topped with a market berry compote & maple syrup

Kids 9 - Two 13 - Three 15

## WHOA! BENNY

Our eggs benedicts may be served on regular or multigrain english muffins.

Each include roasted nugget breakfast potatoes or vegetable ratatouille

## Classic Eggs Benedict

Toasted english muffin, blackforest ham, poached eggs prepared to your liking, hollandaise sauce 16

## Tomato & Avocado Benedict

Toasted english muffin, sliced tomato, smashed avocado, poached eggs prepared to your liking, hollandaise sauce 16

## Smoked Salmon Benedict

Toasted english muffin, cold smoked salmon, pickled red onion, capers, poached eggs prepared to your liking, dill hollandaise sauce 18

## DRINKS

### Kootenay Coffee

Medium roast, with one free refill 3

### Mighty Leaf Tea

Selection of black or leaf teas 3.5

### Hot Chocolate

Topped with whipped cream 3

### Juice and Milk

Orange, Apple, Pineapple, Cranberry, Clamato, Tomato, Grapefruit 3.5  
2% Milk, Chocolate Milk S m-3 /Lrg-4