



# FIRE & OAK BREAKFAST MENU

## FLIPPED OR FOLDED EGGS

Flipped = Frittata, Folded = Omlette.

Each include crisp fried potato wedges or vegetable ratatouille.

Also your choice of toast.

### Spinach & Goat Cheese

Fresh sauteéd spinach, Salt Spring Island goat cheese, grape tomatoes & 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, apple juice 9

### Straw-Banana

Apple, coconut, banana, strawberry & apple juice 8

Add protein powder 2

### 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. Your choice of toast. 17

### Fruit & Yogurt Parfait

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

### Steel-Cut Oats

Served with side of dried fruit, sliced almonds & berry compote. Your choice of toast. 13

### Smashed Avocado Toast

Toasted sourdough, smashed avocado, fresh bruchetta mixture & market salad topper 15

Add two farm fresh eggs prepared to your liking 3

### Chorizo & Chicken Hash

Crisp fried potato wedges, 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. Your choice of toast. 17

### Just The Way You Like It

Farm fresh eggs prepared to your liking, crisp fried potato wedges or Vegetable ratatouille. Crisp applewood bacon, local artisan beef sausage or blackforest ham. Your choice of toast.

Small 10 - Regular 14 - Large 17

Upgrade to 6oz Top Sirloin AAA steak - add 13

### Huevos Rancheros

Corn tortilla, pico de gallo, black beans, guacamole, two poached eggs & cheese 16

### Buttermilk Pancakes

Fluffy buttermilk pancake, served with a berry compote & 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 crisp fried potato wedges 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 Sm-3 /Lrg-4