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## LIGHTER CHOICES

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### POACHED PERFECTION ... \$9

*two soft poached eggs seasoned and served on a bed of steamed spinach with sides of sliced avocado and tomato*

### FRESH FRUIT PARFAIT ... \$7

*housemade granola, plain yogurt and seasonal berries layered in a parfait cup*

### FRESH FRUIT BOWL ... \$7

*fresh and seasonal*

### FRESH FRUIT SMOOTHIE ... \$4

*blended juices, yogurt and berries*

### MADE TO ORDER OATMEAL ... \$5

*topped with blueberries and brown sugar*

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## OMELETTES

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*your choice, 3 egg omelettes, served with house made grilled toast*

### BLACKFOREST HAM, PEPPERS, ONION & CHEDDAR ... \$12

### MUSHROOMS, CARMELIZED ONION & SWISS ... \$12

### TOMATO, ARUGULA & GOAT CHEESE ... \$12

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## FOSTER'S BENEDICTS

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*four delicious combinations served with mixed greens*

### EGGS BENEDICT ... \$12

*two soft poached eggs, peameal bacon on a grilled English muffin topped with housemade hollandaise sauce*

### EGGS FLORENTINE ... \$11

*two soft poached eggs and sautéed spinach on a grilled English muffin topped with housemade hollandaise sauce*

### SMOKED SALMON BENEDICT ... \$13

*two soft poached eggs and smoked salmon, sautéed spinach and a grilled English muffin topped with house made hollandaise sauce*

### CRAB BENEDICT ... \$15

*two soft poached eggs on panko crusted Canadian rock crab cakes topped with housemade hollandaise sauce*

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## FOSTER'S FAVOURITES

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### DAILY SCRAMBLE ... \$9

*three egg chef inspired daily scramble served with grilled toast*

### THE TRADITIONAL ... \$5

*two eggs your style, crispy home fries and grilled toast*

• **bacon, ham, sausage or peameal \$4**  
• **char grilled sirloin steak \$12** •

### HUEVOS RANCHEROS ... \$13

*home fries, sriracha and cheese folded in a flour tortilla topped with two fried eggs served salsa and sour cream*

• **add bacon and baked beans \$4** •

### FRENCH TOAST ... \$11

*delicious egg battered bread served with caramelized apples, extra old cheddar and real Canadian maple syrup*

### FOSTER'S WAFFLES ... \$11

*topped with fresh fruit and real Canadian maple syrup*

### PEAMEAL BACON ON A BUN ... \$12

*stacked grilled Canadian bacon on a buttered bun, smoked ketchup and crispy homefries*

### CORNED BEEF HASH ... \$12

*homemade corned beef hash, two sunny side eggs, sweet peppers and onions*

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## SIDES

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### BACON ... \$4

### HAM ... \$4

### PORK SAUSAGE ... \$4

### PEAMEAL BACON ... \$4

### BAKED BEANS ... \$2

### HOME FRIES ... \$3

### GRILLED TOAST ... \$2

### REAL CANADIAN MAPLE SYRUP ... \$4