

WELLNESS

Flax Seed Oatmeal

With 2% or skim milk,
served with your choice of brown sugar or honey
\$5

Plain Greek Yogurt

With housemade honey nut granola and fresh berries
\$8.95

Add a side of local honey or maple syrup
\$1

Whole Pink Grapefruit

Segmented
\$5

Fresh Fruit Salad

\$5.50

Gluten Free Muffin

\$4

Vegan Breakfast Bowl

Herbed potatoes, black beans, peppers,
onions and mushroom gravy
\$7.25

Breakfast Buffet

\$10.95

European Platter

Includes hard boiled egg, sliced meats and
cheeses, pickle, olives, yogurt and croissant
\$14

FOR THE SOUL

The RUSHES Start Your Day

Two fresh cracked eggs done the way you like,
crisp bacon or Butcher Shoppe breakfast
sausage, Red Bliss breakfast potatoes and toast
\$9.25

The Farm Breakfast

Three fresh cracked eggs done the way you like,
crisp bacon, Butcher Shoppe
breakfast sausage, country ham,
Red Bliss breakfast potatoes and toast
\$12.25

Steak and Eggs

4 oz. tenderloin cooked to your desire,
two fresh cracked eggs done the way you like,
Red Bliss breakfast potatoes and toast
\$21.75

CUPPA JOE

Freshly brewed cup of coffee or tea	\$2.20
Cappuccino	\$3.95
Café au lait	\$3.75
Espresso	\$2.55
Green tea	\$2.20
Tropicana Juices - Small	\$1.75
Large	\$2.50

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MEET THE BENEDICTS

Eggs Benedictine

Two poached eggs, English muffin,
house made Montreal smoked meat,
lemon hollandaise and Red Bliss breakfast potatoes
\$10.75

Eggs Florentine

Two poached eggs, English muffin, sautéed spinach,
lemon hollandaise and Red Bliss breakfast potatoes
\$9.75

Eggs Neptune

Two poached eggs, English muffin, smoked salmon,
lemon hollandaise and Red Bliss breakfast potatoes
\$11.75

Huevos Rancheros

Crisp blue tortillas layered with black beans and
cheddar cheese, Cholula hot sauce, fried eggs,
salsa, crema and fresh cilantro
\$7.75

Omega 3 Three Egg Omelette

Your choice of three fillings:
sautéed onions, mushrooms, cheddar cheese,
feta cheese, goat cheese, sweet peppers,
fresh tomato, bacon, ham, served with Red Bliss
breakfast potatoes and toast
\$9

FOR THE SPIRIT

Short Stack

Fluffy homemade buttermilk pancakes,
Elmira maple syrup, creamery butter and fresh berries
\$8

French Toast

Golden French toast in a rich egg cream, strawberry
marmalade compote and a dollop of sour cream
\$8

Classic Breakfast Sandwich

Fried egg, country ham and
cheddar cheese on an English muffin
\$6

RUSHES Breakfast Sandwich

Fried egg, artichoke and Asiago aioli,
fresh tomato and baby spinach on an English Muffin
\$6.25

AS YOU LIKE IT

Fresh egg - as you like it	\$1.00
Side of crisp bacon	\$4.00
Side of Butcher Shoppe breakfast sausage	\$4.00
Side of country ham	\$4.00
Single pancake, with syrup	\$2.50
Single French toast, with syrup	\$2.50
Red Bliss breakfast potatoes	\$3.00
Freshly baked muffin or petit croissant/Danish	\$2.50
Toasted bagel with cream cheese	\$3.75
Toast with creamery butter and preserves	\$2.75
Smoked salmon, with red onions & capers	\$6.00