



## BREAKFAST

<b>FRESH START</b> v	19
Greek yogurt with Howland's honey, savoury pastry, Sage Farm cheese, fresh fruit cup	
<b>PARFAIT BOWL</b> GFO v	20
Greek yogurt infused with maple syrup, oat milk chia seeds, fresh berries, hemp hearts, Mix Bakery pecan olive oil granola, Howland's honey	
<b>AVOCADO BOWL</b> GF v	20
Turmeric quinoa, poached free run egg, marinated gem tomato, crispy lentils, Earnest Greens spicy mix, feta cheese, hemp seeds, gremolata, cultivated mushrooms, za'atar vinaigrette	
<b>COUNTRY HAM &amp; LEEK TOASTIE</b> GFO	22
Two poached free run eggs, griddled country ham, sautéed leeks, Saltine Bakery parmesan and black pepper sourdough, Gravelbourg french mustard aioli, brown butter hollandaise sauce, choice of fresh fruit or Kennebec hashbrowns	
<b>BLT TOASTIE</b> GFO	20
Free run fried egg, Drake bacon, Bothwell Farms smoked parmesan, maple sage aioli, pickled red onions, heirloom tomatoes, Earnest Greens spicy shoots on grilled multigrain bread, choice of fresh fruit or Kennebec hashbrowns	
<b>AVOCADO TOASTIE</b> GFO v	20
Smashed avocado, Silo spicy chickpeas, marinated gem tomatoes, spicy greens, pickled onions, choice of fresh fruit or Kennebec hashbrowns	
<b>BRIOCHE FRENCH TOAST</b> v	21
Sea buckthorn macerated berries, rosemary almonds, candied orange, maple whipped cream	
<b>WEEKLY REMEDY</b> GFO	18
Three scrambled free run eggs, Bothwell Farms maple smoked cheddar, choice of Drake Farms bacon or Pine View Hunter sausage, choice of fresh fruit or Kennebec hashbrowns	
<b>BREAKFAST CLUB SANDWICH</b> GFO	18
Griddled country ham, Drake Farms bacon, fried free run egg, apple jam, tomato, maple sage aioli, smoked cheddar cheese, brioche bun, choice of fresh fruit or Kennebec hashbrowns	

## SIDES

<b>FREE RUN EGG</b>	4
Poached, scrambled or over easy	
<b>DRAKE BACON</b> FOUR SLICES	5
<b>MAPLE GRILLED PINE VIEW FARMS HUNTER SAUSAGE</b>	5
<b>TOAST</b> TWO SLICES	5
Sourdough, multigrain, marble rye, gluten free	
<b>FRESH FRUIT &amp; BERRIES</b>	6
<b>BERRIES</b>	8
<b>HONEY GREEK YOGURT</b>	5
<b>FRESHLY BAKED PASTRY</b>	5

## SPECIALTY COFFEES

<b>ESPRESSO</b>	4
<b>AMERICANO</b>	5
<b>CAPPUCCINO</b>	6
<b>LATTE</b>	6

GLUTEN FRIENDLY OPTION AVAILABLE GFO GLUTEN FRIENDLY GF VEGETARIAN v DAIRY FREE DF

If you have any dietary requirements or are concerned about food allergies, you are invited to ask one of our servers for assistance when selecting menu items. Consuming raw or undercooked meats, poultry, seafood or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.

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