

Eggs

GC Express Breakfast

2 Scrambled Eggs, 2 Pieces of Bacon,
Scallion Hash Browns, Toasted Sourdough

8.95

Ham & Cheese Omelet

3 Eggs, Ham, Cheddar Cheese,
Scallion Hash Browns & Toast

14.95

The Traditional

2 Eggs Any Style, Scallion Hash Browns,
Choice of Bacon, Ham or Sausage & Toast

9.95

Tomato & Goat Cheese Benny

2 Poached Eggs, Sliced Tomato, Goat Cheese,
English Muffin, Hollandaise Sauce & Scallion Hash Browns

13.95

Breakfast Sausage Burger

Chef's Fennel Pork Sausage, A Sunny Side Up Egg,
Bacon, Tomato, Lettuce, Dijon Mayonnaise,
Brioche Bun & Scallion Hash Browns. **Add Cheese \$2**

12.95

Classic Eggs Benny

2 Poached Eggs, Ham, English Muffin,
Hollandaise Sauce & Scallion Hash Browns

14.95

Poached Eggs on Toast

2 Poached Eggs, Sliced Tomato, Crushed Avocado,
Garden Greens, Toasted Sourdough

10.95

The Mill Bowl

2 Poached Eggs, Sausage, Bacon, Ham, Spinach,
Tomato, Mushrooms, Caramelized Onions,
Scallion Hash Browns, Hollandaise Sauce & Toast

15.95

Garden Herb & Vegetable Omelet

3 Eggs, Cheddar Cheese, Mushrooms,
Tomato & Roasted Peppers, Scallion Hash Browns & Toast

13.95

* We are proud to serve Local BC Eggs*

Breakfast Sides

Bacon, Ham, Sausage

2.95

Toast: Sourdough, Multi Grain, White

1.95

Free Run Egg

1.95

Authentic Belgian Style Waffle

3.95

Sliced Tomato

1.95

Gluten Friendly Waffle - Locally Made

3.95

Scallion Hash Browns

2.95

Buttermilk Pancake

3.95

Fruit Cup

4.95

Toasted Bagel with Cream Cheese

4.95

Griddles

"Triple Stack" Buttermilk Pancakes

Banana, Blueberry Compote, Butter, Maple Syrup

11.95

Authentic Belgian Style Waffles

Chocolate Hazelnut, Whip Cream, Vanilla Honey

12.95

Fresh Juice, Tea & Coffee

Fresh Fruit Smoothie

4.95

Fresh Apple, Orange Juice

2.95

Fresh Brewed Coffee

1.95

Tea, Selection of Black & Herbal

1.95

Sparkling Water

2.95

Soft Drinks

2.95

Continental Breakfast 10.95

(Available daily from 7am – 10am)



GARDEN COURT

Breakfast Served 7am to 11am Weekdays
and from 7am to 2pm on Weekends

Bowls & Plates

Chicken Kale Caesar Salad 12.95

Grilled 5oz Chicken Breast, Kale & Romaine Lettuce, Croutons, Parmesan Cheese & Caesar Dressing

Super-food Salad 14.95

Garden Greens, Quinoa, Radish, Cucumber, Tomato, Pumpkin & Sunflower Seeds, Smashed Avocado, Spiced Walnuts & Sweet Balsamic Dressing

Daily Soup & Sandwich 12.95

Seasonally Inspired, Please Ask Your Server For Today's Creation

Veggie Quesadilla 13.95

Whole Wheat Tortilla, Black Olives, Peppers, Tomato, Jalapeños, Onions, Cheese, Salsa & Sour Cream, Garden Greens. **Add Chicken \$3**

Fish N' Chips 12.95

1 Piece of Local Beer-Battered Rockfish, Citrus Slaw, Charred Lemon & Tartar Sauce. **Add 1 Piece Fish \$2**

Crispy Chicken Strips & Fries 13.95

Breaded Chicken, Honey Mustard Sauce

The Traditional Breakfast 9.95

2 Eggs Any Style, Scallion Hash Browns, Choice of Bacon, Ham or Sausage & Toast

Warm Buddha Bowl 14.95

Quinoa, Tomato, Edamame, Carrots, Cabbage, Pumpkin Seeds, Roasted Peppers & Mushrooms, Kale Ginger Lime Soy Dressing

Grilled Cheese Sandwich & House Made Chili 14.95

Provolone & Cheddar Cheese, Sour Dough

Spaghetti Pomodoro 11.95

Spaghetti, Tomato Sauce Fresh Basil, Parmesan Cheese, Garlic Cheese Bread. **Add 5 House-Made Meatballs \$4**

Sides & Snacks

House Made Chili 5.95

French Fries 4.95

Garlic Cheese Toast 2.95

Cup of Soup 3.95

Garden Greens Salad 4.95

Kale Caesar Salad 4.95

Yam Fries 5.95

Onion Rings 6.95

Veggies & Pita 8.95

Powell Poutine 9.95

Chicken Wings 14.95

Handhelds

All Our Burger Patties Are Custom Ground & Made To Order. Served With Lettuce, Tomato, Pickle, Red Onion & Brioche Bun. All Handheld's (Except Fish & Chicken Taco) Are Served With Fries, Substitute Salad For \$2.

TC's 1.0 Burger 12.95

Dijon Mayonnaise. **Add Cheese \$2**

TC's 2.0 Burger 16.95

Our Custom Beef Patty, Sautéed Mushrooms, Bacon, Onions Rings, Cheddar Cheese, Black Pepper Mayo, Brioche

Crispy Fish Taco or Crispy Chicken Taco 10.95

Beer-Battered Cod or Crispy Chicken with Lime, Cilantro, Cabbage, Tomato, Chipotle Mayo, Sour Cream & Guacamole

Vegetable Cheese Burger 13.95

Local Black Bean Patty, Cheddar Cheese, Guacamole, Fire Roasted Peppers

Town Centre Chicken Burger 14.95

5oz Panko Breaded Chicken Breast, Chili Mayo or Char-grilled Chicken Breast with Black Pepper Mayo

Classic BLT 11.95

Crispy Bacon, Lettuce, Tomato, Black Pepper Mayo, Sourdough

Beef Dip 14.95

Herb & Spice Crusted Canadian Beef, Caramelized Onions, Horse Radish Mayo, Warm Baguette, Side Jus

Triple Decker Chicken Club 14.95

Grilled Chicken Breast, Bacon, Tomato, Lettuce, Mayonnaise


GARDEN COURT

Daily lunch served 11am to 2pm