



## Breakfast at The Sylvia

### Continental 8

Choice of bran muffin, croissant, English muffin, scone or toast, choice of juice

### Granola • Berries • Yogurt 12

Fresh berries, blueberry yogurt, mini muffins

### B.C. Smoked Salmon and Bagel 14

Cream cheese, capers, tomato

### Stanley Park Benny 15

Grilled back bacon, Hollandaise, crisp potatoes

### West Coast Benny 15

B.C. smoked salmon, cream cheese, Hollandaise, crisp potatoes

### Mediterranean Benny 14

Spinach, tomato, feta, Hollandaise, crisp potatoes

### English Bay Omelette 15

Three eggs, hand-peeled shrimp, onion, red bell peppers, cheddar, crisp potatoes, toast

### Veggie Omelette 14

Three eggs, tomato, onion, bell peppers, spinach, cheddar, crisp potatoes, toast

### Farmer's Omelette 15

Three eggs, ham, onion, green bell peppers, cheddar, crisp potatoes, toast

### Fruit Plate 14

Fresh seasonal fruit, plain yogurt

### Oatmeal 8

Classic oatmeal, cinnamon, side of milk and brown sugar

♦ add fresh blueberries or strawberries 2

### English Bay Breakfast 15

Two eggs, three buttermilk pancakes, choice of bacon, ham or sausage, crisp potatoes

♦ add banana or blueberries to your pancakes 2

### Jogger's Breakfast 13

Two eggs, choice of bacon, ham or sausage, crisp potatoes, toast

### Two Eggs 10

Two eggs, crisp potatoes, toast

### Sylvia's French Toast 15

Wild blueberries & fresh strawberries OR Caramelized banana...with whipped cream, syrup

### Sylvia's Pancakes 12

Buttermilk or buckwheat, whipped cream, syrup

♦ add banana or blueberries to your pancakes 2

## Beverages

Milk	4
Juice	4
Orange, apple, grapefruit, cranberry, pineapple	
Coffee/Tea	3.25
Hot Chocolate	3.25
Espresso	3.5
Americano	3.5
Cappuccino	4
Latte	4
Mocha	4
Macchiato	4
Vanilla Latte	4.5

## Sides

Genuine Maple Syrup	2
One Egg - any style	2
Free Range Egg	3
Ham, Bacon or Sausage	4
Crisp Potatoes	4
Fruit Cup	6
Yogurt	4
Cottage Cheese	4
Muffin, Croissant, or Scone	4
Cereal	4
Corn Flakes, Special K, Bran Flakes, Fruit Loops	
Toast	4
Whole wheat, white, rye, sourdough, gluten-free	