



## Brunch at The Sylvia

### Granola • Berries • Yogurt 12

Fresh berries, blueberry infused yogurt, mini muffins

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

Cream cheese, capers, tomato

### Fruit Plate 14

Fresh seasonal fruit, plain yogurt

### Stanley Park Benny 16

Grilled back bacon, Hollandaise, crisp potatoes

### West Coast Benny 16

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

### Simon's Pesto Chicken Benny 16

Sauteed onions, arugula, pesto aioli, Hollandaise, crisp potatoes

### Late Riser Brunch 15

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

### Sylvia's French Toast 16

Wild blueberries & strawberries OR Caramelized banana

### Sylvia's Pancakes 13

Buttermilk or buckwheat, whipped cream, syrup

♦ add banana or blueberries to your pancakes 2

### English Bay Omelette 16

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

### Farmer's Omelette 16

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

### Veggie Omelette 15

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

### The Sylvia Burger 16

House beef patty, cheddar, lettuce, tomato, red onion, pickle, red relish, mayo, fries

♦ add mushrooms 1    ♦ add bacon 2  
♦ organic veggie burger available

### Cajun Salmon Ciabatta 16

B.C. salmon, cucumber curls, red onion, mango salsa, mayo, fries

### Belgian Waffle & Crispy Chicken 17

Over medium eggs, breaded chicken breast, arugula, mild-spiced aioli, caramel drizzle, gherkin, greens

### Moroccan Vegetable Lentil Stew 16

Seasonal vegetables, chickpeas, beans, lentils, mint raita, Naan bread

### Cobb Salad 18

Butter lettuce, artisanal greens, chicken, avocado, bacon, egg, tomato, blue cheese, green goddess dressing

### B.C. Salmon Greens 19

Arugula & kale, grapefruit, orange, apple, asparagus, pickled radish, tomato, honey lemon vinaigrette

### Thai Tuna Salad 19

Albacore tuna, edamame, fire-roasted red pepper, cabbage, mixed greens, Thai ginger peanut vinaigrette, mango salsa

### Dine in The Sky Hash 16

Poached eggs, corned beef, sauteed onions, bell peppers, kale, balsamic, toast

### Classic Caesar Salad 13

Chopped romaine, shaved parmesan, crispy bacon, croutons, house made Caesar dressing

♦ add B.C. salmon 8    ♦ add chicken 6

### Angus Beef Tenderloin & Eggs 27

Two eggs, Hollandaise, crisp potatoes, toast

Genuine Maple Syrup  
Free Range Egg

2  
3

Ham, Bacon or Sausage  
Crisp Potatoes

4  
4