



## Breakfast at The Sylvia

**Continental 9** ♦ with coffee or tea  
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 3

**English Bay Breakfast 15**  
Two eggs, three buttermilk pancakes, choice of bacon, ham or sausage, crisp potatoes  
♦ add banana or blueberries to your pancakes 3

**Jogger's Breakfast 14**  
Two eggs, choice of bacon, ham or sausage, crisp potatoes, toast

**Two Eggs 11**  
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 3

### Beverages

Milk	4
Juice	4
Orange, apple, grapefruit, cranberry, pineapple	
Coffee/Tea	3.50
Hot Chocolate	3.75
Espresso	3.75
Americano	3.75
Cappuccino	4.25
Latte	4.25
Mocha	4.25
Macchiato	3.75
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
Multigrain, white, rye, sourdough, gluten-free	