



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 3

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 17

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 17

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

Cobb Salad 22

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

B.C. Salmon Greens 21

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

Thai Tuna Salad 20

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

Dine in The Sky Hash 17

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

Classic Caesar Salad 14

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

♦add B.C. salmon 8 ♦chicken 6 ♦prawns 3 for 8

Angus Beef Sirloin & Eggs 27

Two eggs, Hollandaise, crisp potatoes, toast

Genuine Maple Syrup
Free Range Egg

2
3

Ham, Bacon or Sausage
Crisp Potatoes

4
4