



the breakfast

EXCHANGE BREAKFAST <i>(GF option +2)</i>	19	OMELETTE (available with egg whites)	21
2 Farm Fresh Eggs Any Style, Potato Hash, Choice of: • Bacon • Maple Sausage • House-Smoked Salmon • Roasted Vegetables Served with Sourdough or Multigrain Toast		3 Farm Fresh Egg Omelette, Choice of: • Black Forest Ham & Aged Cheddar • Baby Spinach & Feta <i>V</i> Served with Potato Hash or Mixed Greens, and Sourdough or Multigrain Toast	
EXCHANGE BENEDICT <i>GF</i>		19	
2 Farm Fresh Poached Eggs, Scallion & Potato Pancake, Brown Butter Hollandaise and Mixed Green Salad Choice of: Cornmeal Back Bacon / House-Smoked Salmon / Chef-Selected Roasted Mushrooms			

griddle

STUFFED FRENCH TOAST	23	BUTTERMILK STACK	18
Swiss Cheese, Soy & Maple Glaze, Candied & Crispy Bacon, served with Potato Hash		Fresh Berry Compote, Maple Syrup, Highwood Crossing Granola, Vanilla Whipped Cream	
SWEET FRENCH TOAST	20	BELGIAN STYLE WAFFLE	18
Mocha Frangipane, Banana Brûlée, Chocolate Filling, Candied Hazelnut, served with Potato Hash		Fresh Berry Compote, Maple Syrup, Vanilla Whipped Cream, served with Potato Hash	
JUST FRENCH TOAST	12		
Icing Sugar, Maple Syrup, served with Potato Hash			

bowls & salad

BACON & SAUSAGE HASH <i>(GF option +2)</i>	23	HOUSE YOGURT PARFAIT <i>GF</i>	15
2 Farm Fresh Poached Eggs, Potato Hash, Roasted Peppers, Watercress, Brown Butter Hollandaise, • Choice of Sourdough or Multigrain Toast • <i>Make it a Poutine</i>	3	Highwood Crossing Granola, Seasonal Fresh Fruit, Fruit Syrup, Candied Hazelnuts	
HIGHWOOD CROSSING ORGANIC GRAIN BOWL <i>DF</i>	22	THE COBB SALAD <i>GF</i>	25
2 Farm Fresh Poached Eggs, Farro, Quinoa, Red Fife, Baby Spinach, Sprouts, Cherry Tomato, Avocado, Yuzu Vinaigrette		Romaine, Cherry Tomato, Bacon, Grilled Chicken, Boiled Egg, Avocado, Blue Cheese Foam, Red Wine Vinaigrette	
POKE BOWL <i>GF DF</i>	25	ITALIAN BURRATA SALAD <i>(GF option +2)</i>	25
Smoked Salmon Crudo, Avocado, Cherry Tomato, Sesame & Soy Dressing, Kale & Swiss Chard, Brown Rice		10 Year Aged Balsamic Marinated Tomatoes, Basil, Grilled Sourdough, Olive Oil	

SIDES & ADD-ONS:
Avocado 3 | 2pc Toast 3 | 3pc Bacon 5
Potato Hash 4 | 3pc Maple Sausage 5
Pancake 5 | Waffle 5 | Grilled Chicken 5
House-Smoked Salmon 7 | Sirloin 12



sandwiches

Served with Your Choice of Side: Potato Hash or Mixed Greens
Sub **GF** Gluten-Free Bun +2

OPEN FACED BREAKFAST BAGEL	17	AVOCADO & SHRIMP SANDWICH	24
Everything Bagel, Sunny Side Egg, Candied Bacon, Lemon Aioli, Arugula, Tomato, Feta		House-Baked Croissant, Swiss Cheese, Cilantro, Red Pepper, Lime	
EAU CLAIRE BREAKFAST SANDWICH	16	HARVEST BURGER V (contains nuts)	20
Aged Cheddar, Omelette, Brioche Bun, • Choice of Braised Pork or Candied Bacon		House-Made Black Bean & Walnut Patty, Yogurt & Herb Sauce, Iceberg Lettuce, Tomato, Swiss Cheese, Brioche Bun	
CHICKEN CLUB	24	ALBERTA BEEF BURGER	21
Bacon, Romaine Lettuce, Tomato, Gochujang Aioli, • Choice of Bread or Wrap • Choice of Crispy or Grilled Chicken		Two Smashed Patties, Iceberg Lettuce, Tomato, Aged Cheddar, Lemon Aioli, Brioche Bun • <i>Add:</i> Bacon	3

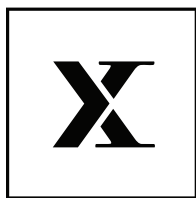
breakfast drinks

JUICE Orange, Apple, Grapefruit, Cranberry, Pineapple	4
FOUNTAIN POP Pepsi, Diet Pepsi, 7up, Ginger Ale, Orange Crush, Root Beer, Dr. Pepper	3

FROM THE BARISTA		THE TEA	
All Espresso-Based Beverages are a 12oz "Double Shot" and Available Iced.		We Proudly Serve Murchie's Tea Served By the Pot	
• BROOKLYNN'S HOUSE ROAST	2.95	BLACK TEA	5.25
• ESPRESSO	3.50	Maple Chai, Canadian Breakfast, 1894 Pekoe, Earl Grey Cream	
• LATTE	4.95	HERBAL & GREEN TEA	5.25
• CAPPUCCINO	4.95	Bumbleberry Rooibos, Chamomile, Lavender, Peppermint, Jasmine, Genmaicha	
• AMERICANO	4.25		
• MOCHA	5.25		
• HOT CHOCOLATE	4.25		
• LONDON FOG	4.95		

MILK ALTERNATIVES: Oat, Almond, Soy 0.75 // **FLAVOURED SYRUP:** Vanilla, Caramel, Hazelnut 0.75

SPECIALTY COFFEE	
• SPANISH (1.5oz) Dark Rum, Kahlúa, Grand Marnier, Sugar Rim, Whipped Cream	10
• IRISH (1oz) Jameson Whiskey, Raw Sugar, Whipped Cream	9
• NANAIMO (1.5oz) Two Rivers Nanaimo Bar Liqueur, Kahlúa, Coconut Cold Foam	10
COCKTAILS	
• ECAC CAESAR (1oz) Two Rivers Dill Pickle Vodka, Pickle Brine, Worcestershire, Tabasco, Snacks	11
• MIMOSA (6oz) Orange, Grapefruit, Pineapple	11
• THE EXCHANGE (2oz) Vanilla Stoli Vodka, St-Germain, Toasted Coconut Water, Caramelized Honey, Citrus	12
• CARAJILLO (2oz) Nodo Espresso Tequilana, Licor 43, Espresso, Orange, Cinnamon, Toasted Marshmallow	15
• MOSCOW MULE (1.5oz) Stoli Vodka, Annex Ginger Beer, Lime, Copper Mug	12
• APEROL SPRITZ (5oz) Prosecco, Aperol, Soda Splash, Orange Slice	13
• MARGARITA (2oz) Nodo Blanco Tequilana, Cointreau, Agave Nectar, Fresh Lime, Salted Rim	13



— junior member's —

All Junior Member Breakfast Meals Include:
Your Choice of Potato Hash, Salad, Crudités, or Fruit,
Plus Your Choice of Milk, Chocolate Milk, or Juice

JR EXCHANGE BREAKFAST 12

2 Eggs Any Style,

- Choice of: Bacon or Maple Sausage
- Choice of: Sourdough or Multigrain Toast
- **GF** — Substitute Gluten-Free Bun +2

PANCAKES V 11

Fluffy Buttermilk Pancakes, Fresh Berry Compote,
Vanilla Whipped Cream, Maple Syrup

BELGIAN WAFFLE V 11

Fresh Berry Compote, Vanilla Whipped Cream,
Maple Syrup

FRENCH TOAST V 10

Icing Sugar, Maple Syrup

COLD CEREAL V 5

- Froot Loops
- Frosted Flakes
- Corn Pops
- Rice Krispies

BURGER 15

Brioche Bun, Lettuce, Tomato, Cheddar, Ketchup

- **GF** — Substitute Gluten-Free Bun +2

CHICKEN STRIPS DF 14

Honey Mustard Sauce

— drinks —

MILK / CHOCOLATE MILK

JUICE Orange, Apple, Pineapple, Cranberry, Grapefruit

GF Gluten Friendly / **DF** Dairy Free / **V** Vegetarian. Please
inform your server of any food allergies or dietary modifications.