



breakfast

EXCHANGE BREAKFAST <i>GF option +2</i>	19	OMELETTE <i>GF option +2</i>	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 (Egg Whites Available), Choice of: • Black Forest Ham & Aged Cheddar • Baby Spinach, Roasted Red Peppers & Feta <i>V</i> Served with Potato Hash, Mixed Greens, or House Fries, plus Sourdough or Multigrain Toast	

EXCHANGE BENEDICT <i>GF</i>	22
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	

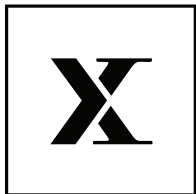
griddle

BELGIAN STYLE WAFFLE	18	BUTTERMILK STACK	18
Fresh Berry Compote, Maple Syrup, Vanilla Whipped Cream, served with Potato Hash		Fresh Berry Compote, Maple Syrup, Highwood Crossing Granola, Vanilla Whipped Cream	
KOREAN FRIED CHICKEN & WAFFLES	23		
Breaded Boneless Thighs, Sesame Waffle, Gochujang Sauce, Maple Syrup, Korean Pickles			

bowls & salad

SAUSAGE HASH <i>GF option +2</i>	22	HOUSE YOGURT PARFAIT <i>GF</i>	15
2 Farm Fresh Poached Eggs, Potato Hash, Roasted Peppers, Spinach, Brown Butter Hollandaise • Choice of Sourdough or Multigrain Toast		Highwood Crossing Granola, Seasonal Fresh Fruit, Fruit Syrup, Candied Hazelnuts	
ROASTED VEGETABLE HASH <i>GF option +2</i>	20	THE COBB SALAD <i>GF</i>	25
2 Farm Fresh Poached Eggs, Roasted Squash, Potato Hash, Roasted Mushrooms, Fried Sage, Brown Butter Hollandaise • Choice of Sourdough or Multigrain Toast		Romaine, Cherry Tomato, Bacon, Grilled Chicken, Boiled Egg, Avocado, Blue Cheese Foam, Red Wine Vinaigrette	
HIGHWOOD CROSSING ORGANIC GRAIN BOWL <i>GF option available / DF</i>	23	POKE BOWL <i>GF DF</i>	25
Cherry Marinated Pork, Farro, Quinoa, Red Fife, Baby Spinach, Shoots, Cherry Tomato, Avocado, Red Onion, Yuzu Vinaigrette • <i>Substitute</i> Grilled Chicken +3		Smoked Salmon Crudo, Avocado, Cherry Tomato, Cucumber, Kale & Swiss Chard, Brown Rice, Sesame & Soy Dressing	

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 / Mixed Greens / House Fries
Sub **GF** Gluten-Free Bun +2

SCRAMBLED EGGS ON TOAST	18	SMASHED AVOCADO TOAST DF	20
Open Faced, Sour Cream & Brown Butter Scrambled Eggs, Fresh Dill, Olive Oil Grilled Sourdough		Open Faced, Sunny Side Egg, Everything Spice, Sorrel, Lemon Zest, Olive Oil Grilled Sourdough	
• Add Cheese +2 • Add Bacon +3			
CHICKEN CLUB WRAP DF	24	ALBERTA BEEF BURGER	22
Bacon, Iceberg Lettuce, Tomato, Gochujang Aioli, Spinach Tortilla • Choice of Crispy or Grilled Chicken		Two Smashed Patties, Iceberg Lettuce, Tomato, Aged Cheddar, Lemon Aioli, Brioche Bun • Add Bacon +3 • Substitute Vegan Patty (Contains Nuts) V	

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		TEA	
“Double Shots” – Hot or Iced		Served by the Pot - Murchie’s Tea	
• BROOKLYNN’S HOUSE ROAST	3.35	BLACK TEA	4.25
• ESPRESSO	3.25	Maple Chai, Canadian Breakfast, 1894 Pekoe, Earl Grey Cream	
• LATTE	5.50		
• CAPPUCCINO	5.50	HERBAL & GREEN TEA	4.25
• AMERICANO	4.50	Bumbleberry Rooibos, Chamomile, Lavender, Peppermint, Jasmine, Genmaicha	
• MOCHA	5.75		
• HOT CHOCOLATE	4.50		
• LONDON FOG	5.50		

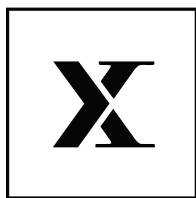
MILK ALTERNATIVES: Oat, Almond, Soy +1 / **FLAVOURED SYRUP:** Vanilla, Caramel, Hazelnut +1.25

SPECIALTY COFFEE & HOT CHOCOLATE

• SPANISH (1.5oz) Dark Rum, Kahlúa, Grand Marnier, Sugared 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
• TIPSY HOT CHOCOLATE (1.5oz) Amaretto, Dark Rum, Toasted Marshmallow, Sugared Rim	11
• EXCHANGE SHAFT (2oz) Two Rivers Coffee Vodka, Kahlúa, Nanaimo Bar Liqueur, Cold Brew	12

COCKTAILS

• DILL PICKLE CAESAR (1oz) Two Rivers Dill Pickle Vodka, Pickle Juice, Worcestershire, Tabasco, Snacks	11
• APEROL SPRITZ (5oz) Prosecco, Aperol, Soda Splash, Orange Slice	13
• MIMOSA (6oz) Orange, Grapefruit, Pineapple	11
• ZERO-PROOF MIMOSA Sparkling Zero-Proof Wine, Orange, Grapefruit, Pineapple	9



— junior member's —

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

JR EXCHANGE BREAKFAST *GF option +2* 13

2 Eggs Any Style,

- Choice of: Bacon or Maple Sausage
- Choice of: Sourdough or Multigrain Toast

PANCAKES 12

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

BELGIAN WAFFLE 12

Fresh Berry Compote, Vanilla Whipped Cream, Maple Syrup

COLD CEREAL *V* 5

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

BURGER *GF option +2* 15

Brioche Bun, Lettuce, Tomato, Cheddar, Ketchup

CHICKEN STRIPS *DF* 15

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.