

GOOD MORNING

welcome to THE KEYS

KEYS BEVERAGE STATION

Fresh Brewed Coffee 3.00, Selection of Fine Teas 3.00

Milk (lg) 3.50 (sm) 2.25 Fruit Juice 3.75

Hot Chocolate 3.00

PTARMIGAN CONTINENTAL IN A HURRY:

Toasted Bagel or English Muffin, Cream Cheese, Cereal, Yogurt & Fresh Fruit 12.95

THE TRADITIONAL

Two Eggs, any style, with your choice of: Bacon, Maple Cured Ham, or Country Sausage accompanied with Fingerling Potatoes 10.95

BREAKFAST QUESADILLA

Green Onion, Tomato, Mixed Cheese, Sausage and Bacon in a flour Tortilla with Salsa infused Mayonnaise 13.95

TRADITIONAL BENEDICT

Poached Eggs, served on top of Canadian Bacon, placed on an English Muffin topped with fresh Hollandaise Sauce. Served with Fingerling Potatoes. 13.50

Enjoy a side of Smoked Bacon, Country Sausage or Maple Cured Ham 3.50

PTARMIGAN BREAKFAST

THE HUNGRYMAN:

Three Eggs, any style, two slices of Maple Cured Ham, two slices Smoked Bacon and two Country Sausages, Fingerling Potatoes and two stacked Buttermilk Pancakes 14.95

THE PERFECT STACK

Buttermilk Pancakes stacked four high, served with Berry Compote, Whipped Cream & Quebec Maple Butter 11.50

Enjoy a side of Smoked Bacon, Country Sausage or Maple Cured Ham 3.50

FRUTOPIA

Seasonal Fruit, House Made Granola, Triple-Layered Cream topped with Yogurt sweetened with Agave Syrup 14.95

PIPING HOT OATMEAL

Stick to the ribs Oatmeal. Served with fresh Berries, Quebec Maple Syrup, toasted Almond Slivers, Dried Apricots, Cranberries, Milk or Cream 10.95

WESTERN

A blend of fresh Polar Eggs, Cream, Green and Red Peppers, Onion, Smoked Ham, diced Bacon, American Cheddar Cheese, toasted or plain on a German Multi Grain served with Fingerling Potatoes 11.95

STEAK AND EGGS

5 ounce AAA Alberta Striploin Steak grilled to your preference, with your choice of two Eggs and Fingerling Potatoes 15.95

BAKED SKILLET EGGS

Ask your server for the weekly skillet special and price.

OMELETS

THE PERFECT POLAR FARMS EGG OMELET

Your choice of three garnishes:

Ham, Bacon, Country Sausage, Smoked BC Salmon, Bell Peppers, Spinach, Mushrooms, Tomato, Onion, Chicken, Swiss, Cheddar or Feta Cheese. 12.95

Enjoy a side of Smoked Bacon, Country Sausage or Maple Cured Ham 3.50

Breakfast" - Literally meaning to break the fasting period of the prior night. In old English the term was morgenmete meaning "morning meal". The first meal eaten early in the morning before undertaking the day's work.