

BREAKFAST

THE MINI 5.95

Fried egg and cheese on an English muffin with your choice of bacon, ham, sausage, or avocado

BREAKFAST BAGEL 8.95

Fried egg, cheese, tomato, sprouts on a toasted bagel with your choice of bacon, ham, sausage, or avocado

BREAKFAST CLUB 10.95

Fried egg, bacon, ham, lettuce, tomato and cheddar cheese on toasted bread

ALPINE START 9.95

Two eggs any style, fresh fruit and an order of toast

SUMMIT OATMEAL 9.95

Old-fashioned rolled oats served with raisins, cinnamon, brown sugar and fresh fruit

BREAKFAST PARFAIT 10.95

Home-made granola served with fruit and yogurt

FRENCH TOAST 11.95

Three slabs of French toast served with fresh fruit

TRADITIONAL BREAKFAST 11.95

Two eggs any style, bacon, ham, sausage or avocado with hash browns and toast

THE BREAKAWAY 13.95

Two eggs any style, avocado, fresh fruit and your choice of bacon, ham or sausage

WAFFLE BREAKFAST 12.95

Two eggs any style, bacon, ham or sausage, and a Belgian waffle

POWER BREAKFAST 14.95

Avocado, tomato and scrambled eggs on a toasted bagel with fresh fruit and hash browns

HUEVOS RANCHEROS 15.95

Two eggs any style, avocado, cheese, refried beans, salsa and sour cream, served on a tortilla

EGGS BENEDICT WEEKENDS ONLY 15.95

Two poached eggs served on an English muffin with hollandaise sauce, served with fresh fruit and hash browns

CLASSIC (BACK BACON), PACIFIC (SMOKED SALMON), FLORENTINE (SPINACH) OR CALIFORNIA (AVOCADO & TOMATO)

OMELETTE 13.95

Made to order with your choice of fillings, served with hash browns and toast

BREAKFAST BURRITO 13.95

Scrambled eggs with your choice of fillings rolled in a tortilla, served with salsa, sour cream and hash browns

BOWNESS SCRAMBLE 13.95

Scrambled eggs with your choice of fillings served on a bed of hash browns with toast

THE FILLINGS

**BACON | HAM | SAUSAGE | AVOCADO |
CHEDDAR | SWISS | GOUDA |
PEPPERS | ONIONS | TOMATOES |
MUSHROOMS |**

SIDES

TOAST	3.45
TOASTED BAGEL	3.95
AVOCADO	3.45
SLICED TOMATOES	2.95
BACON, HAM, SAUSAGE	3.95
ONE EGG ANY STYLE	2.45
HOME FRIES OR HASH BROWNS	3.45
CHIPS & SALSA	3.45
FRUIT CUP	3.95
HOLLANDAISE SAUCE	2.95
SOUR CREAM	0.95
CHEESE	0.95
SALSA	0.95

SUBSTITUTE GLUTEN-FREE TOAST FOR \$2.00

**PLEASE ORDER
AT THE COUNTER**

GROUPS LARGER THAN SIX PLEASE SIT AT SEPARATE TABLES

KIDS

KID'S MELT 9.95

Melted cheese on grilled whole wheat bread

KID'S QUESADILLA 9.95

Melted cheese in a crispy tortilla

KID'S BREAKFAST 9.95

1 egg any style, bacon, ham or sausage, and a slab of French toast

KID'S FRENCH TOAST OR WAFFLE 6.95

A slab of French toast or a Belgian waffle with fresh fruit

WRAPS

SERVED WITH CHIPS AND SALSA
SUB A SIDE SOUP OR SALAD FOR \$3.95

VEGGIE 11.95

Avocado, lettuce, tomato, cucumbers, peppers, sprouts and hummus

CLUBHOUSE 14.95

Turkey, bacon, ham, lettuce, tomato and cheddar cheese

CHICKEN CAESAR 12.95

Sliced chicken breast, bacon, lettuce, onion and caesar dressing

GREEK CHICKEN 13.95

Sliced chicken breast, lettuce, tomato, onion, cucumber, peppers, black olives, feta cheese, tzatziki sauce

BURGERS

SERVED WITH HOME FRIES
SUB A SIDE SOUP OR SALAD FOR \$3.95

CLASSIC 12.95

Our 100% prime rib patty topped with lettuce, tomato and onion, served on a kaiser bun
Add bacon, mushroom, cheddar, Swiss for \$1.00 each

CALIFORNIA 14.95

Our 100% prime rib patty topped with avocado, tomato, salsa and Swiss cheese, served on a kaiser bun

BISON 13.95

100% pure bison patty topped with lettuce, tomato and onion served on a kaiser bun

VEGGIE 11.95

Garden mushroom patty topped with lettuce, tomato and onion served on a kaiser bun

SALADS

SERVED WITH BUN OR GARLIC TOAST
ADD A CHICKEN BREAST OR TUNA SALAD FOR \$3.95

GARDEN SMALL 8.95 LARGE 12.95

Leaf lettuce, tomato, cucumber, sprouts, onions, red and green peppers

CAESAR SMALL 8.95 LARGE 12.95

Crisp romaine lettuce, bacon, croutons, parmesan cheese and caesar dressing

GREEK SMALL 8.95 LARGE 12.95

Crisp romaine lettuce, cucumbers, tomatoes, onions, peppers, olives and feta cheese

COMMITTEE SMALL 8.95 LARGE 12.95

Crisp romaine lettuce, avocado, oranges, toasted sunflower seeds and almonds, red onion and our house vinaigrette



GRILL

SERVED WITH HOME FRIES
SUB A SIDE SOUP OR SALAD FOR \$3.95

THE GTA 12.95

Grilled tomato, avocado and gouda on sourdough

ALT OR BLT 11.95

Avocado or bacon with lettuce and tomato on toasted bread
Enjoy both for and extra \$1.00

DENVER 11.95

Grilled egg, ham, onions, tomato and peppers served on toasted bread

REUBEN 12.95

Grilled Montreal smoked meat with sauerkraut and Swiss cheese grilled on rye bread

TUNA MELT 12.95

Tuna salad served on toasted French bread topped with melted cheese

CLUBHOUSE 14.95

Turkey, bacon, ham, lettuce, tomato and cheddar cheese served on toasted bread

CHICKEN CLUB 14.95

Grilled chicken breast with bacon, lettuce, tomato, onion and cheddar on toasted bread

MONTE CRISTO 13.95

Turkey, ham and Swiss cheese served on lightly grilled bread dipped in egg

TURKEY AVOCADO BLT 14.95

Turkey, avocado, bacon, lettuce, tomato and Swiss, served on toasted rye bread

GRILLED BACON & CHEESE 13.95

Two types of cheese, crisp bacon and tomato served on grilled whole wheat bread

SOUP

SERVED WITH BUN OR GARLIC TOAST

HOME MADE SOUP

CUP 5.95 BOWL 7.95 SOUP & SALAD 14.95

SANDWICHES

SERVED WITH CHIPS AND SALSA
SUB A SIDE SOUP OR SALAD FOR \$3.95

HAM | TURKEY | VEGGIE | TUNA SALAD | MONTREAL SMOKED MEAT

HALF 8.95 FULL 12.95