

# GROUNDDED

Cooking

## BREAKFAST/BRUNCH

Mon-Fri: until 11:30am

Sat: 9am-3pm

16.5 **Apple Pie Pancakes (V)**  
2 buttery pancakes, green apple compote, toasted pecans, whipped vanilla bean mascarpone

23 **Chicken n' Waffles**  
Fried Chicken, fried cornbread waffle, cinnamon sugar, sherry maple syrup, citrus, chive

27 **Brisket n' Eggs (GF)**  
20hr. Alberta Brisket, 2 eggs, breakfast tatters, fruit, toasted sourdough

27 **Copperhead Road (GF)**  
6oz Skirt Steak, 2 sunny eggs, breakfast tatters, fruit, toasted sourdough

15 **Happy Camper (V, GF-WM)**  
2 Eggs, breakfast tatters, 2 bacon, 2 sausage, fruit, toasted sourdough

16.5 **Easy Street Breakfast (V, GF-WM)**  
Soft scrambled eggs, parm, black pepper, buttered focaccia, little Toni salad: chunky cucumber, tomato, peppers, sour vinaigrette, feta, basil

16 **Big Tex Breakfast Bowl (V, GF)**  
Pulled pork or mushrooms, tatters, onions, peppers, poached egg, ancho, cheddar, herbs

13 **Early Bird Sandwich (V-WM)**  
Flattop toasted brioche bun, 2 cracked eggs, bacon, cheddar, ancho

13 **The Rusty McMuffin (V-WM)**  
House english muffin, Ontario pork sausage patty, 2 cracked egg, cheddar, pepperoncini mayo

13 **The BLT (V-WM)**  
Buttered sourdough, bacon, shredded iceberg, tomato, garlic mayo  
*Add Egg \$2.25*

19 **Mushroom on Toast (V, VG-WM)**  
Toasted sourdough, assorted mushrooms, soft poached egg, peppercorn cream sauce, parmesan

11 **Yogurt Bowl (V, GF)**  
Apple yogurt, strawberries, brown butter granola, dates, maple

15 **Halloumi & Berries (V, GF)**  
Crispy halloumi, strawberry, blackberry, basil, house hot honey, pistachio

6 **Warm Croissant (V)**  
1 or 2 warm croissants, weekly butter, rotating house-made jam

## SMOOTHIE STATION

Available all day (V, VG, GF)

13 **Green Smoothie**  
Kale, spinach, banana, coconut, chia and hemp seeds, vanilla protein, peanut butter, oat milk, oj

13 **Purple Smoothie**  
Blue, black and acai berries, mango, banana, macca root, vanilla protein, peanut butter, oat milk, oj