

# The Morning In Exile

## **Oat Bowl (V) (GF)**

Steel Cut Oats | Fresh Bananas | Dried Fruit | Almond Milk  
Hemp Hearts | Cinnamon Sugar | Pure Maple Syrup

12

## **Fresh Start (VG) (GF)**

Greek Yogurt | House Made Granola | Bowl of Fresh Fruit | Honey

13

## **Focaccia French Toast**

Caramel Drizzle | Whipped Cream | Streusel Crumble

13

## **Bologna Sandwich**

Homestyle Toast | Bologna | 2 Fried Eggs | Cheddar Cheese | Mayo  
Home Fries

14

## **Classic Breakfast**

2 Eggs Any Style | Sliced Bacon | Sausage | Home Fries | House Made Jam  
Home Style Toast

12

## **Eggs Benedict** (VG Option) (GF\$)

Poached Eggs | Croissant | Spinach | Ham | Hollandaise | Home Fries

15

## **Fish Cake and Beans** (GF\$)

Savoury Salt Cod Cake | House Made Molasses Baked Beans | Mustard Pickles  
Home Style Toast

10

## **Toutons and Molasses**

Two Fried Toutons | Molasses

9

### Ham and Swiss Wrap

Smoked Ham | Peppers | Scrambled Eggs | Swiss Cheese | Tortilla Wrap  
Home Fries

15

### JAG Omelette (VG Option) (GF Option)

3 Egg Omelette | Sausage | Bacon | Onions | Peppers | Mushrooms  
Aged Cheddar | Home Fries

15

### Smoked Salmon Toast (GF\$)

Smoked Salmon | Scrambled Eggs | Green Onion | Kim Chi | Focaccia Toast  
Green Salad

19

**\*Moose Sausage (\$) Available For Substitution When In Season\***

### *Sides & Extras*

Fresh Fruit	5	Moose Sausage	5
Yogurt	4	Fish Cake	5
Baked Beans	5	Croissant	4
Bacon or Sausage	4	Home Fries	4
Thick Cut Bacon	5	Home Style Toast	3
Bologna	5	Bear Sausage	5
Toutons	5	Ham	5

(VG)- Vegetarian

(V) - Vegan

(GF) - Gluten Free

(GF\$) - Gluten free bread available for \$2

**Here at JAG we believe music is created to be heard and not be in the background.  
We hope you enjoy our selections.**

