

The Morning In Exile

Oat Bowl (V) (GF)

Steel Cut Oats | Pure Maple Syrup | Fresh Bananas | Dried Fruit

Almond Milk | Cinnamon Sugar | Hemp Hearts

9

Fresh Start (VG) (GF)

Greek Yogurt | House Made Granola | Fruit | Honey

13

Buckwheat Griddle Cakes (VG)

House Preserves | Cream | Orange Infused Maple Syrup

13

Breakfast Skillet (VG Option)

2 Eggs Any Style | Bacon | Chorizo | Potatoes | Corn | Black Beans | Spinach |

Cheddar | Home Style Toast

14

Classic Breakfast

2 Eggs Any Style | Sliced Bacon | Sausage | Home Fries | Home Style Toast

12

Eggs Benedict (VG Option) (GF\$)

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

14

Fish Cake and Beans (GF Option)

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

12

Bagel Sandwich (GF\$)

Eggs | Swiss Cheese | Ham | Herb and Garlic Cream Cheese

Tomato | Spinach | Pickled Onions | Home Fries

14

JAG Omelette (VG Option) (GF Option)

3 Egg Omelette | Sausage | Bacon | Onions | Peppers | Mushrooms

Aged Cheddar | Home Fries

15

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

Sides & Extras

| | | | |
|------------------|---|------------------|---|
| Fresh Fruit | 5 | Moose Sausage | 5 |
| Yogurt | 4 | Fish Cake | 4 |
| Baked Beans | 4 | Assorted Pastry | 4 |
| Bacon or Sausage | 4 | Home Fries | 4 |
| Thick Cut Bacon | 5 | Home Style Toast | 3 |

(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.

