

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

Buttermilk Apple Jack Pancakes

Caramel Drizzle | Whipped Cream | Streusel Crumble

11

Blood Pudding and Eggs

2 Eggs Any Style | Blood Pudding | Mushroom | Onion | Mustard Pickles
Home Fries

15

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

14

Fish Cake and Beans (GF\$)

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

9

Monte Cristo Breakfast Sandwich
Sour Dough French Toast | Mayo | Ham | Smoked Cheddar | Home Fries 15

JAG Omelette (VG Option) (GF Option)
3 Egg Omelette | Sausage | Bacon | Onions | Peppers | Mushrooms
Aged Cheddar | Home Fries 15

Smoked Salmon Frittata
3 Egg Smoked Salmon Frittata | Pickled Onion | Caper | Goat Cheese
Green Salad 16

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 |
| | | Bear Sausage | 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.**

