

STAGES BREAKFAST

ENTRÉES

\$18

Double Bacon Sandwich *

A lightly toasted bagel layered with peameal and crispy smoked bacon, an over-easy farm fresh Ontario egg, lettuce, tomato, caramelized onions, and melted cheddar cheese. Served with two hash brown patties.

Eggs Benedict *

Peameal bacon, poached eggs, and caramelized onions on a toasted English muffin, topped with browned butter hollandaise and chives. Served with home fries.

UPGRADE TO A STEAK AND EGG BENEDICT BREAKFAST
ADD A 5 OZ AAA NEW YORK STRIPLOIN STEAK FOR \$7

French Toast Stack ^V

Three slices of cinnamon-infused thick cut toast, drizzled with Grade A maple syrup and powdered sugar. Served with two pieces of crispy smoked bacon and home fries.

Build-an-Omelet ^{GF}

Made-to-order omelet filled with your choice of four garnishes: cheddar cheese, bacon, mushroom, red bell pepper, caramelized onion, peameal bacon, capicola ham or chicken-apple sausage. Served with home fries.

Classic Two Egg Breakfast

Two farm fresh Ontario eggs, any style, with your choice of: two pieces of crispy smoked bacon, peameal bacon, or chicken apple sausage. Served with two hash brown patties and two slices of thick cut toast.

BREAKFAST PIZZAS \$18

Made in-house using a gluten-free crust of potato and chickpea flour. Served with oven-roasted tomato dipping sauce.

Tomato & Bacon

Oven roasted tomatoes, crispy bacon, melted bocconcini, pickled red onions, and arugula. Topped with two sunny side-up eggs.

Ham & Bocconcini

Capicola ham, melted bocconcini, caramelized onions and arugula. Topped with two sunny side-up eggs.

Mushroom & Parmesan

Oyster mushrooms, parmesan heese, babaganoush, rosemary oil, arugula and balsamic glaze. Topped with two sunny side-up eggs.

OVERNIGHT OATS \$12

Banana Berry ^{V GF}

Rolled oats and banana soaked overnight in oat milk, garnished with fresh berries and topped with chia pudding. Served chilled.

BEVERAGES

Maple Berry Smoothie ^{VG GF}	\$10	Feel Great Green Smoothie ^{VG GF}	\$10	Pluck Tea	\$4
A refreshing blend of berries, banana, and almond milk with a hint of maple syrup.		A reinvigorating mix of apple, parsley, avocado, almond milk, and chia seeds.		Classic Earl Grey, Citrus Ginger, Rooibos Chai, English Breakfast, Organic Harvest Mint, Organic Southbrook Berry Blend, or Organic Fields of Green	
Fresh Squeezed Juice	\$6	House Blend Coffee	\$4		
Orange and other seasonal options available		<i>Fairtrade Certified</i> Regular or decaf			

GF = GLUTEN FRIENDLY | V = VEGETARIAN | VG = VEGAN | * = GLUTEN-FREE OPTION AVAILABLE

PLEASE NOTIFY YOUR SERVER OF ANY DIETARY RESTRICTIONS

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