

# Good Morning!

## I

Locally Roasted Coffee  
Organic & Fairtrade

Ask about our Assorted Teas

Cranberry or Orange Juice

Latte, Cappuccino, Iced Coffee \$3

Baileys or Kahula \$5

## II

Your custom breakfast bowl

Choose From:

Greek Yoghurt

Fresh Cut Fruit

House-Made Spiced Prunes

Chefs Chris' Gluten Free Granola

Hulled Hemp Hearts

Sliced Almonds

OR

A fresh Smoothie, made to order

Green Smoothie

Greens, Apple, Ginger

Fruit Smoothie

Berries, Banana, Yoghurt

Add to your Smoothie \$5

Protein Powder

Collagen Powder

## III

Choose an option from

Manse Breakfast Specialty

One or Two Poached Eggs on English  
Muffin with a Smoked Tomato Sauce

Add Bacon OR Salmon Gravlax

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Omelet with Greens, Tomatoes, Onion,  
Mushroom & Maple Cheddar

Add Toast & Bacon OR Salmon Gravlax

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Breakfast Bagel

1- Bacon, Egg, Cheese & Greens

2- Open Faced Salmon Gravlax,  
Cream Cheese & Greens

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Avocado Toast with Kimchi

Add Poached Egg

Add Bacon Or Salmon Gravlax

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Eggs As you like them

Add Toast & Bacon or Salmon Gravlax

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Crepe Style Thin Finnish Pancakes

1- With Berries, Maple Syrup &  
Bacon

2- With Berries, Nutella & Bacon

3- With Savory Yoghurt & Salmon  
Pickled Onion, Lemon, Pepper

