

FRESH FRUIT & SUCH

GRANOLA/FRUIT/YOGURT parfait. \$6.50

SMALL FRESH FRUIT BOWL Served with light berry yogurt. \$5.50

LARGE FRESH FRUIT BOWL Served with light berry yogurt \$7.50

TOASTED BAGEL Served buttered with jam \$2.00 or with your choice of cream cheese. Choose flax seed, cheese, plain, or blueberry bagel. \$2.50

Cream Cheese Choose plain, herb & garlic, or strawberry light

TOAST 7 grain or White \$2.50

Oatmeal served with your choice of raisins or bananas. \$4.50
add slivered almonds. +.50
add fresh fruit. +\$1.00



**PLEASE PLACE
ORDER AT THE
FRONT WHEN YOU
ARE READY**

KOOTENAY ROCKIES CAFE BREAKFAST

Served 7-11 a.m. daily

BREAKFAST SANDWICHES & WRAPS

Breakfast Bagel

Egg, bacon, blackforest ham and cheese on a toasted bagel. Topped with mustard, mayo, fresh tomato, onion and lettuce. \$4.75

Breakfast Wrap

Ham, egg and a blend of four cheeses wrapped with a dijon mayo sauce, fresh tomato, green peppers, onion, cucumber and lettuce. \$4.75

Ham & Swiss Breakfast Sandwich

Egg, blackforest ham, swiss cheese, fresh tomato & onion grilled together on toasted 7grain bread with a light dijon mayo sauce. \$4.75

Roasted Red Peppers & Feta Sandwich

Egg, fresh tomato, onion, roasted red peppers & feta cheese on toasted 7 grain bread with a herb & garlic cream cheese. \$4.75

QUICK BREAKFASTS

Ham & Egg Melt Egg, ham & cheese on a toasted english muffin. \$3.00

Bacon & Egg Melt Egg, bacon & cheese on a toasted english muffin. \$3.00

Hollandaise Melt Egg, ham, cheese, fresh tomato & hollandaise sauce. \$3.50
To stay or on the go . . .

FRESH BAKING

Enjoy one of our daily fresh baked muffins or one of our other fresh baked goodies. Check out today's assortment at the front counter.



HOT SHOTS
KOOTENAY ROCKIES CAFE

