

Bow Valley Club



Breakfast Menu

Breakfast

- Egg White Omelet** | Spinach, Italian Sausage & Tomato with Roasted Organic Potatoes | \$6.5
Three Egg Omelet | Ham & Wild Mushrooms with Jack Cheese & Roasted Organic Potatoes | \$6.5
Benedict | Two Poached Eggs, Shaved Ham, English Muffin & Roasted Organic Potatoes | \$7.5
Porridge | Steel Cut Oats with Vanilla Honey, Fresh Strawberries & Greek Yogurt | \$5
Parfait | Greek Yogurt, Fresh Strawberries, Vanilla Honey & House Granola | \$5

Smoothies

- BVC** | Banana, Milk, Cocoa Nibs, Vanilla Honey, Greek Yogurt | \$5
LindSTRONG | Strawberry, Raspberry, Almond Milk, Spinach, White Chocolate Protein Powder | \$6
Blueberry Buzz | Blueberries, Almond Milk, Greek Yogurt, Spinach, Black Forest Protein Powder | \$6
Add Extra Dynamis Black Forest or White Chocolate Brownie Protein Powder | \$1

On the Go!

- Egg Croissant** | Two Eggs Scrambled with Aged Cheddar & Fresh Tomato on Whole Grain Croissant | \$5
Breakfast Wrap | Two Eggs Scrambled, Bell Peppers, Ham, Jack Cheese, Salsa Fresca | \$4.5
Egg English Muffin | Fried Egg, Aged White Cheddar, Shaved Ham on a Herb Buttered English Muffin | \$3.5
Mini Muffin | Blueberry, Chocolate Chip or Bran | \$1.5
Bagel | Toasted Honey Whole Grain Bagel with Peanut Butter or Honey | \$2

Sides

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| Toast Multigrain, White or Marble Rye \$2 | Fruit Salad Seasonal Fruit Bowl \$3 |
| Bacon Slice Smoked Bacon \$1 | Berries Seasonal Fresh Selection \$5 |
| Sausage Spolumbo's Pork Maple \$1 | Tomato Fresh Local Tomato \$2 |
| Egg Any Style \$1 | Potato Roasted Organic \$1.5 |