



# BRUNCH

# MENU

served from 9am-2pm on weekends

## breakfast

### **the sun-riser | 13.5**

2 eggs any style, hash browns & toast with bacon or sausage.

### **jjj's big breakfast | 17**

3 eggs any style, hash browns & toast with bacon and sausage.

### **veggie breakfast | 13.5**

2 eggs any style, tomato, spinach, & fried mushrooms. served with toast and hashbrowns.

### **breakfast sandwich | 13.5**

2 fried eggs, cheese & bacon on brioche with hashbrowns.

## bennys

### **bacon benny | 17**

2 poached eggs with bacon on an english muffin & hollandaise.

### **smoked salmon benny | 19**

with spinach, crispy capers & hollandaise.

### **veggie benny | 17**

with tomatoes, spinach, avocado and hollandaise.

### **eggs florentine | 18**

benny with prosciutto, herb and garlic cream cheese, spinach and hollandaise sauce.

**bennys served with hash browns or fruit**

## brunch

### **french toast | 12.5**

topped with mixed berry compote, table syrup & whipped cream

**add bacon or sausage | 3.5**

**add real maple syrup | 2**

### **yogurt parfait | 10**

vanilla yogurt, berry compote and granola.

### **mama mia | 16**

baked eggs, with spinach, goat cheese and red onion. Served with toast and either hashbrowns or fruit.

### **chicken & waffles | 18**

crispy fried chicken & waffles, served with hashbrowns or a fruit skewer, and a side of honey butter.

## sides

### **hashbrowns | 4**

### **toasted english muffin | 2.5**

### **wheat or white texas toast | 2.5**

### **bacon or sausage | 3.5**

### **fruit skewer | 5**

## beverages

### **coffee or tea | 2.5**

### **milk or juice | 3**

### **soft drinks | 3**



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## salads

### **garden salad | 11/15**

mixed greens, fresh vegetables, toasted almonds, feta & cranberries with our house dressing.

### **beet salad | 11/15**

mixed greens tossed in our house dressing with beets, candied pecans & goat cheese.

### **caesar salad | 11/15**

romaine lettuce with croutons, parmesan, bacon & house dressing.

**add grilled chicken breast or smoked salmon | 7.5 add smoked tofu | 6  
add garlic toast | 2.5 add avocado | 1.5**

## soups

### **salmon chowder | 12**

cream chowder loaded with salmon and vegetables. served with garlic toast.

## bowls

### **fresh vegetable noodle bowl | 16**

smoked tofu, yam, edamame & mixed vegetables on rice noodles. Choice of soy ginger, spicy thai peanut, or green goddess dressing.

**sub chicken | 2**

## fried, dipped & shared

### **basket of fries or yam fries | 8.5**

with a side of gravy, garlic mayo, or chipotle mayo.

## burgers

### **triple j burger | 18**

your choice of grilled chicken or beef patty served on ciabatta.

### **avocado chicken burger | 18**

grilled & topped with goat cheese and avocado. **add bacon | 2.5**

### **crispy chicken burger | 18.5**

marinated chicken breast, breaded & fried. topped with mozzarella & ranch dressing. **buffalo style | 1**

## meals

### **fish and chips | 19**

battered rockfish with coleslaw & peppercorn tartar sauce.

### **chicken fingers & fries | 14**

**buffalo style | 1  
side of ranch | 1**

### **poutine | 9/12**

**add a fried egg | 1.5 add bacon | 2.5**

## tacos

### **crispy fish tacos | 13**

2 rockfish tacos with coleslaw, corn salsa and green goddess dressing.

### **vegetable tacos | 12**

2 spiced yam tacos with coleslaw, feta, corn salsa & chipotle mayo.

### **crispy chicken tacos | 13**

2 tacos with fried chicken, coleslaw, corn salsa, cheese, and chipotle mayo.  
**buffalo style | 1**