

Coastal Kitchen Cafe

Breakfast Menu

Light and Delicious

THE GREEN SMOOTHIE
Blended with seasonal greens, fresh basil, cucumber and green apple. 6

BERRY AND BANANA SMOOTHIE
Blended with blackberries, strawberries, banana, yogurt, and orange juice. 7

HOUSE MADE GRANOLA AND YOGURT
Our hearty granola made with coconut, almonds, pecans, and pumpkin seeds, served with plain Greek yogurt. 9

THE CHORIZO BURRITO
Local chorizo sausage, Vancouver Island farm fresh eggs, house made salsa, and spicy jalapeno Monterey Jack cheese. 8

BRIOCHE BIKER BUNWICH
A Portofino Brioche Bun, with bacon, avocado, tomato, arugula, and a sunny up egg. 8

THE EGGA MUFFIN
Thick cut ham, fresh tomato, Cheddar cheese, and scrambled egg on a toasted English Muffin. 5

All About Breakfast

We serve Vancouver Island farm fresh eggs, natural smoked BC bacon, locally made English banger sausages, and our produce comes from local farmers around the Cowichan Valley.

THE FISHERMAN'S
Two eggs, made how you like, with bacon, ham, or sausage, hashbrowns, and your choice of Texas Multi-Grain, Texas White, Portofino Sourdough, or Gluten Free Multi-Grain. 11

SOMETHING SWEET
Our take on classic French Toast: three thick pieces of bread soaked with real vanilla and cinnamon, served with a seasonal berry compote. 12

EGGS BENEDICT
A classic, with thick cut ham and homemade Hollandaise, on top of an English Muffin, served with hashbrowns. 12

PACIFIC SMOKED BENEDICT
Smoked Sockeye salmon and homemade Hollandaise, on top of an English Muffin, served with hashbrowns. 14

GRILLED TOMATO AND SPINACH BENEDICT
Lightly grilled tomato, sauteed spinach, and homemade Hollandaise, on top of an English Muffin, served with hashbrowns. 13

Omelettes

Take your pick of two ingredients, and we'll add three eggs and Cheddar cheese. Served with hashbrowns, and your choice of toast.

MEAT - BACON, HAM, OR SAUSAGE.
ADD SMOKED SALMON OR CHORIZO SAUSAGE FOR AN EXTRA \$3.
VEGGIES - MUSHROOMS, ONIONS, TOMATO, SPINACH, ARUGULA, RED PEPPER, OR JALAPENOS. 13

Sides

BACON, HAM, OR SAUSAGE \$4
TOAST - TEXAS MULTI-GRAIN, TEXAS WHITE, PORTOFINO SOURDOUGH, OR GLUTEN FREE MULTI-GRAIN \$3.50
EGGS MADE THE WAY YOU LIKE \$3
HASHBROWNS \$3.50

PLEASE ADVISE YOUR SERVER OF ANY ALLERGIES, AND ASK ABOUT OUR GLUTEN FREE OPTIONS.