

GRAB & GO BREAKFAST

Take-Out Menu

Fresh Fruit Cup 8

Pineapple, Honeydew, Cantaloupe,
Watermelon, Strawberries

Breakfast Wrap 12

Scrambled Eggs, Cheese, Bacon &
Sausage, Potato & Onion served with
an Avocado Salsa

Birchermusli Cup 8

Oats, Nuts, Raisins, Assorted Berries,
Apples, Bananas,
Honey & Greek Yogurt

BBQ BC. Pork Hash Bowl 11

Potato Hash, Poached Egg,
Mustard Hollandais, served with
Homemade Kicking Horse Coffee BBQ
Sauce

Greek Yogurt Parfait 8

BC. Berry Compote, Greek Yogurt,
Honey & Granola

Coffee (16oz)

Tea

Starbucks Drip Coffee	5
Espresso	4
Double Espresso	6
Americano	4.5
Flat White	7
Mocha	7.5
Latte	7
Cappucino	6.5
Caramel Macchiato	8
Add Flavour	0.75
Caramel, Vanilla, Hazelnut	

Orange Pekoe	4
Chamomile	4
Mint	4
Zen	4
Green Tea	4
Early Grey	4
Organic Chai	4
Passion	4
English Breakfast	4
Wild Sweet Orange	4
London Fog	5

Happy Planet Juice (375ml)

Extreme Fruit Energy	6.25	Mango Passion Fruit	6.25
Raspberry Cherry Fruit	6.25	Extreme Green	6.25

df Dairy Free gf Gluten Free nf Nut Free

MANTLES
RESTAURANT | LOUNGE