

# Heartland Cafe

## Breakfast Menu

Breakfast served daily until 1:00 pm

### Traditional Breakfast

***“The Bridges” Gourmet Breakfast Sandwich*** – A fried egg with crispy bacon and our signature cheese blend, served on focaccia with fresh Roma tomatoes, baby artisan lettuce and our roasted herb & garlic aioli. **\$ 11.95**

***Cinnamon Roll French Toast*** – Heartland’s classic cinnamon rolls dipped in French toast batter and then fried. Served with baby Yukon Gold potatoes and your choice of crisp bacon or breakfast sausage. **\$ 11.50**

***Banana Bread French Toast*** – Chocolate chip banana bread dipped in French toast batter, fried and topped with a blueberry compote. Served with baby Yukon Gold potatoes and your choice of crisp bacon or breakfast sausage. **\$**

**11.50*****Spinach Feta Frittata*** – Red peppers, onions, spinach feta and Monterey Jack baked until fluffy and light on a bed of seasoned potatoes. A delicious oven baked omelette served hot with your choice of fresh fruit and golden grain toast or tossed green salad with raspberry vinaigrette or herbed feta dressing.

**\$ 14.00**

***Breakfast Panini*** – Our number one bestseller. Ham, cheddar, mayo and seasoned, oven-baked egg served on our golden grain bread and grilled to perfection. **\$ 7.95**

***Bacon & Egg Wrap*** – Light and fluffy scrambled eggs, crisp bacon, green onions, cheddar and mayo, grilled hot and served in a whole wheat tortilla. **\$ 7.95**

***Heartland Special*** – 2 eggs any style, crisp bacon or breakfast sausage, baby Yukon Gold potatoes served with golden grain toast and garnished with fresh fruit. **\$ 11.50**

***Breakfast Burrito*** – Scrambled eggs and cheddar cheese served on a bed of refried beans, grilled hot and served in a sun-dried tomato tortilla with a side of house-made salsa. **\$ 7.95**

### Hearty Extras

**2 slices golden grain toast**

**\$3.00**

<b>Baby Yukon Gold potatoes</b>	<b>\$3.00</b>
<b>2 eggs any style</b>	<b>\$3.00</b>
<b>3 strips of crisp bacon or 3 links of breakfast sausage</b>	<b>\$3.00</b>
<b>Seasonal fresh fruit cup</b>	<b>\$3.75</b>

## *Bennies*

**All Bennies are served with your choice of baby Yukon Gold potatoes or fresh seasonal fruit and golden grain toast.**

*"Everyone knows poached eggs can't be poached eggs unless they've been stolen in the dead of the night." Roald Dahl, Charlie and the Chocolate Factory*

**Traditional Eggs Benny** – Grilled Canadian back bacon and two poached eggs served atop a toasted English muffin and smothered in house-made Heartland hollandaise sauce. **\$ 14.00**

**Smoked Salmon Benny** – Smoked salmon, herbed spinach cream cheese and two poached eggs served atop a toasted English muffin and smothered in house-made Heartland hollandaise sauce. **\$ 14.50**

**Heartland "BLT" Benny** – Crisp bacon, fresh Roma tomatoes, spinach and two poached eggs atop a toasted English muffin and smothered in house-made Heartland hollandaise sauce. **\$ 14.00**

**Vegetarian Eggs Benny** – Fresh Roma tomatoes, spinach, avocado and two poached eggs atop a toasted English muffin and smothered in house-made Heartland hollandaise sauce. **\$ 14.00**

## *Omelettes*

**om·e·lette or om·e·let n.** – A dish consisting of beaten eggs cooked until set and combined with other ingredients, often around a filling.

*Our omelettes are made with three farm fresh Alberta eggs and served open face with a slice of golden grain toast.*

**Smokey Ham or Crisp Bacon** – Ham or bacon, red onion and cheese. **\$ 11.95**

**Sausage & Mushroom** – Breakfast sausage, caramelized onions, sautéed mushrooms and cheese. **\$ 11.95**

**Smoked Salmon and Feta** – Smoked salmon, red onion and feta. **\$ 12.95**

***Veggie & Cheese*** – Spinach, fresh Roma tomato, red onion, crumbled feta. **\$ 11.95**

**“Your Call” – choose any three from the following: \$ 12.95**

Ham	Cheddar	Caramelized onions	Mushrooms
Bacon	Feta	Sliced red onion	Spinach
Sausage	Mozza	Green onion	Tomatoes

Smoked Salmon – add \$ 1.00