

Sylvia's Good Morning

The Continental

chilled juice, choice of baked goodies
with preserves, coffee or tea
\$7.50

The Stanley Park

chilled juice, Eggs Benedict,
Sylvia style hash browns, coffee or tea
\$11.25

Joggers Special

chilled juice, two eggs cooked any style
bacon, ham or sausage, toast &
Sylvia style hash browns, coffee or tea
\$10.25 (one egg \$9.50)

English Bay Breakfast

chilled juice, three buttermilk pancakes
two eggs cooked any style, bacon, ham
or sausage, coffee or tea
\$11.25 (one egg \$9.50)

Free Range Egg add \$1.00 per egg
Substitutions on the Special Breakfasts are subject to a charge.

French Toast

2 thick cut pieces, warm syrup
\$8.00

BC Blueberry Pancakes

Buttermilk or Buckwheat pancakes loaded
with local blueberries, warm syrup
\$8.50

Buttermilk or Buckwheat Pancakes

Warm syrup
\$7.00

Denver Omelette

Ham, onion, red & green peppers & tomato
served with Sylvia style hash browns & toast
\$9.00

Spanish Omelette

Spicy tomato sauce, onion, peppers &
celery, Sylvia style hash browns & toast
\$8.75

Omelette – done your way!!

Plain: served with hash browns & toast
\$7.00

Add: mushrooms, peppers, tomato, spinach, guacamole, onion, olives **\$.50 each**

Add: ham, sundried tomatoes, hollandaise, cheddar & monterey jack blend,
feta cheese, asaiço cheese **\$.75 each**

Add: Shrimp **\$1.50**

In consideration of all guests please refrain from using cellular phones in the dining room.
Taxes and Gratuity are not included