

Breakfast at Sylvia's

Served With Juice
orange, apple, grapefruit

Stanley Park Benny \$11

english muffin, ham, poached eggs, hollandaise, hash browns

Beachside Benny \$12

english muffin, smoked salmon, poached eggs, hollandaise, hash browns

English Bay \$10 with BC Blueberry \$11

two eggs, three buttermilk pancakes with bacon/ham/sausage

Joggers Special \$9

two eggs, toast, hash browns with bacon/ham/sausage

Continental \$4

choice of one : bran muffin, croissant, english muffin, scone
bagel, toast, cinnamon toast, fruit cup, half grapefruit

Fruit Platter \$10

honey yogurt / cottage cheese, scone

French Toast \$8

warm syrup

Pancakes \$7 with BC Blueberry \$8

buttermilk / buckwheat

One Egg \$5 / Two Eggs \$7

hash browns, toast

Oatmeal \$5 mix fruit topped \$7

milk/cream, brown sugar

Yogurt/Cottage Cheese \$3 mix fruit topped \$5

Cereal \$4

(corn flakes, special k, bran flakes, alpen, fruit loops)

Denver Omelette \$10 egg white only \$11

ham, onion, red & green peppers, tomato, hash browns, toast

Spanish Omelette \$9 egg white only \$10

spicy tomato sauce, onion, peppers & celery, hash browns, toast

Plain Omelette \$8 egg white only \$9

hash browns, toast

Add: mushrooms, peppers, tomato, spinach, guacamole, onion, olives \$.50 per
Add: ham, bacon, sun dried tomatoes, cheddar & jack blend, feta, asaigo \$.75 per
Add: shrimp, crab, smoked salmon \$2 per

Coffee, Tea, Hot Chocolate, Milk \$2.50

Cappuccino, Espresso, Americano, Latte, Mocha, Macchiato \$4

Fresh Squeezed Orange Juice: Small \$3 Large \$5

Ham, Bacon or Sausage \$4

Free Range Eggs \$1 per extra

Groups of 8 or more 18% gratuities added