

## • Libations •

### **Organic Fair Trade Coffee**

From our friends at Hasbeans in the market 2.50

### **House Joe or Tea**

Great Canadian blend, green tea, Shire blend black tea, chai tea, earl grey or orange pekoe 1.50

### **Drinks and Juices**

Apple, Orange, Grapefruit or tomato juice. Ginger ale, Pepsi, 7-up, iced tea, chocolate milk or 2% 2.00

## • The light side •

### **Organic Kefir**

250 ml of Liberte Keifer, your choice of plain, honey or maple. 2.75

### **Cottage Cheese Plate**

250ml of cottage cheese, seasonal fruit and crudite 5.25

### **Hair of the dog**

A sure cure for the night before, the Shires green smoothie with added probiotics, minerals, vitamins, whey protein, grated ginger, spirulina, beet and cabbage juice! It looks and sounds awful ...but it works! 7.25

# Breakfast- giddy up!

## • Skillets •

### **Get him to the Greek**

Home fries, red onion, feta, black olives, scrambled egg, spicy sausage and melted cheese 7.95

### **The Italian Stallion**

Home fries, sundried tomato, artichoke, roasted pepper, spicy sausage, scrambled egg and melted cheese 8.25

### **The Montreal Daffy**

Sauteed green pepper, onion, home fries, duck pastrami, Montreal smoked meat, egg, cheese curds and ....that's right, gravy 8.75

### **OLE**

Diced green and red pepper, salsa, onion, homefries, scrambled egg, chili and melted cheese 7.75

### **The Great Canadian**

Home fries, back bacon, double smoked bacon, pulled pork, scrambled egg and gooey cheese 8.75

## • More great choices •

### **Canadian Eggs Benedict**

A split whole wheat English muffin topped with back bacon, two delicately poached eggs and a beer butter cream sauce 9.75

### **Pancakes**

The real deal, two buttermilk pancakes topped served with Ontario maple syrup and served with your choice of bacon, back bacon or sausage. Extra syrup \$1.00 10.50

### **The Talbot st Treasure**

2 eggs, homefries and toast with your choice of bacon or sausage 7.75

### **It's a wrap**

Scrambled eggs, diced sausage, salsa, sour cream and grated cheese rolled in a spinach wrap 5.75

### **The Hungry Horseman**

3 eggs, 3 slices of bacon, 3 slices of back bacon, 3 sausage links, home fries, toast and fruit 10.75

## • Why are we different? •

In everything we make and serve to you here at the Shire we take great care. We source our products locally, we meet and know our farmers and suppliers. It is just the right thing to do for our health and the health of our community!

## • Sweet tooth? •

### **New York Cheesecake**

Topped with fresh strawberries. It's eggs, cheese and fruit...kinda! 6.25

### **Deep Fried Chocolate Cake**

Yes, it is wrong, but oh so right! 6.50