

JACK SAM'S

BREAKFAST MENU

LITTLE SHUSWAP BREAKFAST \$17

Two eggs served with Quaaout hash, toast, and choice of maple sausage, ham, bacon, or fresh fruit.

EGGS "BANNODICT" \$18

House made back bacon, 2 poached eggs, hollandaise, bannock, and Quaaout hash.

NORTH SHORE OMELETTE \$18

3 eggs, wild and cultivated mushrooms, chive, goat cheese, Quaaout hash, and toast.

BRIOCHE FRENCH TOAST \$16

Roasted hazelnuts, whipped cream cheese, compressed apples, candied bacon, and maple syrup.

BUTTERMILK PANCAKES \$14

3 buttermilk pancakes with fresh and wild berries, compote and maple syrup + your choice of maple sausage, ham, bacon, or fresh fruit.

BREAKFAST SANDWICH \$15

House made pork sausage patty, fried egg, emmental cheese, sliced Okanagan apples, arugula, and honey mustard on fresh baked brioche bun. Served with Quaaout hash.

****\$1.00 from every Eggs "Bannodict" will go towards Skwlax Wellness Center Baby Circle Program.**

SEVEN GRAIN OATMEAL \$12

Candied walnuts, spiced okanagan apple, pumpkin seed and dried cranberries.

SMOOTHIE OF THE DAY \$8

Featuring seasonal fruits and berries.

FRESH START \$14

Lavender peach and yogurt parfait, morning glory or bran and cranberry muffin, fresh fruit.

AVOCADO FLATBREAD \$14

Sea salt, olive oil, spruce tip and pepper relish.

Add Smoked Pacific Provider Salmon \$6

SIDES

Quaaout hash 3.00

Fresh muffin 5.00

Bacon (3 pc.) 3.50

Sausage (2 pc.) 5.50

Fresh fruit salad 4.00

Grilled tomatoes 3.00

One egg 3.00

Ham (2 pc.) 3.50

One buttermilk pancake 3.00

Toast (2pc.) 3.00

Plain or honey yogurt 3.50

Bannock 3.00

One pc. French toast 4.00

SECWÉPEMC TRANSLATIONS

Shuswap = Secwépemc

wild = speqpe'q

apples = a'pels

berries = speqpe'q

bannock = s'píxle7cw

potato = peta'hk

salmon = sqlélten

mushroom = semtéqe7

bison = qwisp

smoked fish/meat = sp'um'llts'e

