

bistro and bar

at Mayfair Clubs

BREAKFAST

Cold Cereal \$2.95

Choice of Cheerios, Shreddies or Raisin Bran. Add Milk \$1.49.

Hot Oatmeal \$7.15

Served with sliced banana, cranberries, brown sugar & syrup.

Mayfair's Yogurt Parfait \$7.50

Mixed seasonal fruit with plain yogurt & granola.

Pancakes \$6.95

Three pancakes garnished with fresh fruit & served with syrup.

French Toast \$7.55

Three pieces of toast topped with cinnamon, garnished with fresh fruit & served with syrup.

Toasted Western Sandwich \$8.20

Two eggs, turkey & vegetables on a toasted bun.

Fried Egg Sandwich \$4.95

Two eggs, lettuce & tomato with your choice of toast.

Egg White Sandwich \$8.65

Two eggs with red peppers & spinach, topped with 1/2 avocado & tomato slices, with your choice of brown or white toast.

Egg & Meat Bagel or English Muffin Sandwich \$6.45

One egg, bacon (3 slices), chicken or turkey. Lettuce & tomato.

Breakfast Chicken Quesadilla \$14.25

Two scrambled eggs with chicken breast, vegetables and cheddar cheese, served with tzatziki sauce.

Smoked Salmon Scrambled Eggs \$11.40

Two scrambled eggs, diced smoked salmon & served with toast.

Smoked Salmon Bagel \$8.75

Smoked salmon, tomato, onions and capers, served on a whole wheat sesame bagel.

Plain Omelette \$6.60

Three eggs served with toast. Add ingredients for \$2.25: *pepper, onion, mushroom, zucchini. Cheddar cheese \$1.60, feta \$2.20.*

BREAKFAST COMBOS

All breakfast combos are served with toast & coffee or tea.

Protein Breakfast \$11.60

Two eggs any style & 5oz rib-eye steak, garnished with fruit & sliced tomato.

Bistro Breakfast \$8.95

Two eggs any style, choice of bacon or turkey, garnished with fruit & sliced tomato. Served with home fries.

Bistro Breakfast Wrap \$9.95

Two scrambled eggs, bacon, onion, pepper, served with sliced tomato & home fries.

The Fisherman's Breakfast \$12.95

Two poached eggs on sliced tomato, served with smoked salmon & pita bread, garnished with fruit.

Egg Plant Omelette \$8.85

Three eggs with eggplant, your choice off egg whites or regular whole eggs.

Eggs Benedict \$12.95

Two poached eggs with 2 slices of smoked salmon & sautéed spinach. Served on an English muffin and topped with Hollandaise sauce. Side of home fries & garnished with fruit.

Classic Scrambled \$13.95

Two scrambled eggs with smoked salmon, served with a toasted croissant, home fries and garnished with fruit and sliced tomato.

European Frittata \$9.95

Three eggs with vegetables & feta cheese.

Spanish Omelette \$9.95

Three eggs, onion, jalapeno pepper, mushroom, spinach & cheese.

Egg White Omelette \$8.95

Three egg white omelette with vegetables.

Western Omelette \$9.95

Three eggs, turkey & vegetables. Add pepper, onion, mushroom or zucchini for \$2.

SIDE ORDER

English Muffin	\$1.65
Half Avocado	\$1.65
Three Slices of Tomato	\$1.65
One Egg - Any Style <input checked="" type="checkbox"/>	\$1.65
Three Slices of Bacon	\$2.85
Three Slices of Turkey <input checked="" type="checkbox"/>	\$3.00
Three Slices of Smoked Salmon <input checked="" type="checkbox"/>	\$6.45
Toast or Bagel	\$1.65
Bagel with Cream Cheese	\$3.80
Fresh fruit <input checked="" type="checkbox"/>	\$6.95
Pita	\$1.65
Home Fries	\$1.80
French Fries	\$4.75
Yogurt	\$1.75

BREAKFAST BEVERAGES

Coffee (10oz)	\$1.45	(20oz)	\$1.75
Tea (10oz)	\$1.45	(20oz)	\$1.75
Milk (250 ml) - white/chocolate	\$1.49		
Hot Chocolate	\$1.55		
Bottled Water (500ml)	\$2.00		
San Pellegrino (750ml)	\$7.00		
Tomato Juice (284ml)	\$2.60		
Iced Tea (591ml)	\$3.25		
Gatorade (591ml)	\$3.00		
Perrier (500 ml)	\$3.25		
Espresso	\$1.75		
Cappuccino	\$2.85		

JUICE BAR

Fresh Orange Juice	\$4.65
Smoothie	\$5.95
Smoothie with Protein	\$7.95

Recommended by Mayfair Clubs Nutritionists

FOOD ALLERGY WARNING: All menu items may contain peanuts, eggs, dairy or shellfish products.

*Prices are subject to applicable taxes.