

BREAKFAST

✓ OATMEAL

steel cut oats served with organic brown sugar and fresh berries **18**

🌿 FGH GRANOLA

with Greek yogurt and fresh berries **18**

🌿 BUTTERMILK HOUSE-MADE PANCAKES

three buttermilk pancakes with fresh berries, crème fraîche and maple syrup **24**

🌿 AVOCADO TOAST

fresh avocado, tomato, radish, fresh ricotta, and Maldon Sea salt on house-made sourdough bread **22**

with poached Nature's Farm™ Smart Egg™ **25**

FGH BREAKFAST

two Nature's Farm™ Smart Eggs™ prepared your way, served with crispy breakfast potatoes, your choice of house-cured peameal bacon, strip bacon or breakfast sausage, and house-made sourdough toast with preserves **24**

🌿 MADE-TO-ORDER THREE EGG OMELETTE

Served with crispy breakfast potatoes and house-made sourdough toast with preserves **28**

choice of three:

cheddar | Gruyère | plant-based provolone or mozzarella

smoked salmon | black forest ham | strip bacon

asparagus | mushroom | tomato | onion | spinach

FORT GARRY STYLE EGGS BENEDICT

two poached Nature's Farm™ Smart Eggs™ with scratch-made hollandaise on a house-made English muffin and crispy breakfast potatoes

The Classic with house-cured peameal bacon **25** | 🌿 **The Florentine** with sautéed spinach **25**

The Canadian with smoked salmon **27**

MINI-MENU 18

MINI FGH BREAKFAST one Nature's Farm™ Smart Egg™ with strip bacon, crispy breakfast potatoes, and house-made sourdough toast with preserves

🌿 **MINI BUTTERMILK HOUSE-MADE PANCAKES** two mini pancakes with fresh berries and maple syrup

🌿 **MINI FGH GRANOLA** with Greek yogurt and fresh berries

SIDES 7

🌿 ✓ **HOUSE-MADE SOURDOUGH or GLUTEN-FREE TOAST** with preserves

🌿 **BREAKFAST SAUSAGE** | **HOUSE-CURED PEAMEAL** | **STRIP BACON**

CRISPY BREAKFAST POTATOES | **SAUTÉED SPINACH** | **SMOKED SALMON**

BEVERAGES

**FRESH BREWED
COFFEE 6**
regular | decaf

**FRENCH
PRESS 8**

**SHEPDOG
COLD BREW 6**
traditional | Ethiopian

**FRESH STEEPED
TEA 5**
regular | decaf

**FRESHLY SQUEEZED
ORANGE JUICE 8**

Taxes and gratuities are not included in the prices. Additional vegan options are available – please ask your server.

🌿 Vegetarian with some modifications. ✓ Vegan with some modifications. 🌾 No gluten in this dish but may come into contact with traces of gluten.