

BREAKFAST

✓ OATMEAL 18

steel cut oats served with organic brown sugar and fresh berries

🌿 FGH GRANOLA 18

with Greek yogurt and fresh berries

🌿 BUTTERMILK HOUSE-MADE PANCAKES 24

three buttermilk pancakes with fresh berries, Chantilly cream and maple syrup

🌿 STUFFED BRIOCHE FRENCH TOAST 25

with pecan maple butter and balsamic-roasted strawberries

🌿 AVOCADO TOAST 22.5

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

with poached Nature's Farm™ Smart Egg™ 25.5

FGH BREAKFAST 24.5

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

🌿 MADE-TO-ORDER THREE EGG OMELETTE 28

Served with shredded breakfast potatoes and house-made sourdough toast with preserves

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 shredded breakfast potatoes

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

The Canadian with smoked salmon 27

MINI-MENU

MINI FGH BREAKFAST one Nature's Farm™ Smart Egg™ with strip bacon, crispy breakfast potatoes, and house-made sourdough toast with preserves 18.5

🍳 **MINI BUTTERMILK HOUSE-MADE PANCAKES** two mini pancakes with fresh berries and maple syrup 18.5

🍳 **MINI FGH GRANOLA** with Greek yogurt and fresh berries 15.5

SIDES 7

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

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

SHREDDED 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**