

Full Circle Breakies...Served all day

Grilled Cinnamon Bun

A fresh homemade cinnamon bun sliced, buttered and grilled to perfection. Served with cream cheese icing. 4 ½

Granola and Yogurt (v)

A tasty layering of berry compote, plain Greek-style yogurt and homemade granola, topped with mango puree. 6 ½

Grilled Grapefruit (v)

Grapefruit hot off the grill, laced with vanilla/maple syrup and walnuts, served with a side of homemade granola and yogurt. 7 ¼

An Oat-ie, But a Goodie! (v)

Good old-fashioned oatmeal served with fruit, cinnamon, brown sugar, and milk; accompanied by a slice of Kootenay Baker's Dark Rye. 5 ¾ Add real Maple Syrup for 1 ¾

French Toast (v)

Thick slices of Texas white bread coated in cornflakes and graham crackers, topped with seasonal fruit compote and toasted pecans; served with pancake syrup. 9 ¼
Real Maple Syrup for 1 ¾

Our Standard Breakfast

Enjoy Free Run Omega 3 Eggs served up any style, includes toast & lightly seasoned pan-fries

1 egg- 4 ¾ 2 eggs- 5 ¾ 3 eggs- 6 ¾

Add Bacon, Ham or Breakfast Sausage 2

Add Spicy Chorizo Sausage or locally made Buffalo Garlic Sausage 3 ¼

Veggie Scramble (v) GF

Curried Silver King tofu scrambled with chickpeas, spinach, and fresh basil, served with cilantro raita, toast and pan-fries. 10 ½

Ranchero Scramble (v) GF

Our Ranchero is a scramble of tofu, fresh cilantro and ranchero sauce, served on a bed of organic tortilla chips, cilantro raita, & fresh black bean & corn salsa, & a side of seasoned pan-fries. 10 ½

add cheddar cheese 1

Smoked Salmon Egg Scramble GF

A delicious combination of smoked salmon, scrambled eggs, banana peppers, onions, & mozzarella cheese, served with a side of guacamole, toast & pan-fries. 11 ¾

Crab Cake and Eggs

Two eggs any style accompanied by homemade real crab & shrimp cakes, topped with sweet chilli hollandaise, served with toast & pan-fries. 14 ¼

VEGETARIAN CHOICE- (v) GLUTEN FREE OPTION AVAILABLE- GF

*Everything is made fresh and to order. Please be patient.....

**A discretionary gratuity of 18% may be added for parties of 6 or more

*Prices do not include GST/HST

A Breakfast Circle

Circle 1 is on the lighter side; the rest are a two egg mini-omelette served in a multigrain Circle Bun. **Substitute a spelt bun** 1 **Add seasoned pan-fries** 2 ¼ **Circle Salad** 3

Circle 1

One fried egg, fresh basil, tomato, mozzarella & honey-Dijon aioli, all on a whole wheat bagel 6 ¾

Circle 2

Goat cheese, smoked chicken, spinach and honey-Dijon aioli 8

Circle 3 (V)

Brie, tomatoes, sundried tomato aioli, caramelized onions and almond-basil pesto 7 ½

Circle 4

Bacon, tomato, cheddar and chipotle mayo 7 ½

Omelettes

All of our three egg omelettes are made lovingly with free run-Omega 3 eggs and served with seasoned Pan-fries and choice of toast.

Substitute Kootenay Baker's Spelt Bread or Sourdough Dark Rye ½

Athens (V) GF

Stuffed with spinach, feta, sundried tomato and artichokes 11 ¼

Spud & Cheddar (V) GF

Grilled potatoes, cheddar, fresh tomato and almond-basil pesto 11 ¼

Four Cheeses (V) GF

Feta, provolone, cheddar and mozzarella, with homemade Black Bean and Corn Salsa 11 ½

Hot House

Fuelled by spicy chorizo sausage, banana peppers, mozza and our own ranchero sauce 12

Canadian Special GF

Bacon, Portobello mushroom, cheddar cheese, green onion, topped with fresh hollandaise 12

New Paris GF

Packed with ham, goat cheese, caramelized onion, & fresh basil, topped with hollandaise 12 ¼

Coastal GF

BC wild smoked salmon & green onion, with honey Dijon aioli and mozza 12 ¾

Substitutes n' Sides

Substitute salad or fresh or grilled tomato for pan-fries 1
Substitute Kootenay Baker's Spelt, or Dark Rye for regular toast ½

Add-ons

2 free-run Omega-3 eggs	3	Kootenay Baker's Dark Rye or Spelt	2 ¾
Fresh or Grilled Tomato	2	Whole wheat bagel with cream cheese	4 ½
Guacamole or Black Bean Corn Salsa	1 ½	House Corn Bread or Focaccia	3
Bacon, Ham, or Sausage	2	Artisan Sourdough Ciabatta	3
Chorizo, or Buffalo Garlic Sausage	3 ¼	Seasoned Pan-fries	2 ¼
Muffin & Butter	2 ¾	Circle Salad	3
Multi-grain, Rye, White, or Sourdough	2 ¼	Miso-Almond Gravy	1 ½

Benny's

All of our Benny's (except 'Taste of the South') are served on choice of a traditional English muffin or multigrain Circle Bun with seasoned pan-fries.
Substitute a Spelt Bun for your Benny 1

Eggs Benedict

The 'traditional': two poached Omega 3 eggs and ham smothered in hollandaise sauce 11 ¼
Half size 7 ½

Eggs Florentine (v)

Poached eggs with Portobello mushrooms & spinach topped with hollandaise 11 ¼
Half size 7 ½

Nanny's Benny

Poached eggs, goat cheese, bacon, grilled tomato, caramelized onion and hollandaise 12 ½
Half size 8 ½

The West Coast

Wild BC smoked salmon and poached eggs, topped with hollandaise, capers, and red onion rings 13 ¼ Half size 9 ½

The Taste of the South Benny

Poached eggs on hot, smoked brisket, on fresh cornbread, topped with hollandaise 12 ¾

Hash

Sorry, no ½ orders

Veggie Hash (v) GF

Potatoes, curried yams, green onions, goat cheese, topped with 2 poached eggs and Miso-almond gravy and pecan-beet pesto, served with Kootenay Baker's Dark Rye 11

Turkey Hash

Scrambled eggs, potatoes, turkey burger, red onion, sundried tomatoes, & fresh basil, all topped with our herbed cranberries, served with Dark Rye 13

Kick Hash GF

Spice up your day with a mix of buffalo sausage, bacon, banana peppers, potatoes, red onion, scrambled eggs & mozzarella cheese, topped with our chipotle hollandaise & served with Dark Rye 13

Spanish Hash

A combination of spicy chorizo sausage, eggs, potatoes, red onions, banana peppers & mozzarella cheese, topped with ranchero sauce & served with grilled fresh cornbread 13

Although we do not have a gluten-free kitchen, we will make every attempt to meet your needs for a gluten-restricted diet. The items listed as 'GF' on the menu are appropriate for a Gluten-restricted diet, as is, or can be ordered with minor changes. We take measures to prevent cross contamination; however, because we still serve wheat products from our kitchen, there is a chance of some cross contamination.

Full Circle Lunches

Add-ons: **Smoked Chicken** 3 ¼ **Buffalo Patty** 4 **Turkey Patty** 4 **Smoked Salmon** 4

Full Circle Salad (v) GF

A bowl of tender baby organic salad greens (arugula, spinach, red & green lettuce), topped with shredded carrots, beets, tomato, red onion and local sprouts, sprinkled with a handful of toasted seeds and served with house-made creamy cider dressing 8 ½

Mediterranean Orzo Salad (v)

Chock full of orzo pasta, chickpeas, spinach, tomatoes, feta, red onion, fresh basil and almonds; tossed with house tahini garlic dressing 11 ¼

Chef's Homemade Soup of the Day

A bowl of the best soup in town, served with a slice of Kootenay Baker's Dark Rye Bread, or House-made focaccia 6 ¼
Cup of soup without bread 3 ½

Burgers and such

*Burgers are served on a multigrain bun with Circle Sauce, sprouts, tomatoes, onion, & pickles; accompanied by your choice of seasoned pan-fries, Circle salad, or cup of soup

- **Half salad & half fries** 1 ½
- **Substitute Spelt Bun or Ciabatta** 1
- **Add bacon** 2
- **Add Julienne Portabello** 1 ¾
- **Add cheddar or mozzarella cheese** 1
- **Add feta, brie, goat, or provolone** 2

Buffalo Burger

Our homemade Free Range Buffalo Patty, it's delicious! 11 ¾

Turkey Burger

A delicious Turkey Burger with sundried tomato aioli 11 ½

Portobello Burger (v)

A Portobello mushroom grilled and stuffed with stewed cranberries, cream cheese, pecans & caramelized onion 11 ½

Smoked BBQ Beef Brisket

Slowly smoked to perfection, then sliced and served hot with JD BBQ sauce on grilled house focaccia dressed up with circle sauce and horseradish Monterey Jack; served with baked beans and seasoned pan fries 11 ¾

Pulled Smoked Pork

Slow-smoked pork shoulder, with JD BBQ sauce & a little 'slaw on top "Carolina Style", all stacked into an artisan sourdough ciabatta bun, served with baked beans & pan fries 11

Asia-dilla (v)

A quesadilla with an Asian twist! Tofu, spinach, roasted curried yam, mozza, shredded carrots, beets, & peanut sauce, served with a side of cilantro raita 10 ½

Substitute Smoked Chicken for tofu 3 ¼

Everything is made fresh, and to order. Please be patient.....

Sandwiches & Wraps

All sandwiches and wraps can be accompanied by:
 Seasoned pan-fries 2 ¼ Side Circle Salad 3 Cup of Soup 3 ½

Grown-Up Grilled Cheese

A grilled cheese sandwich that's for bigger tastes. A delicious combination of mozza and cheddar cheese, apples, bacon and fresh basil, all served up between two slices of multigrain bread hot off the grill 6 ½

Ham and Cheddar

Grilled ham with cheddar, mozzarella, fresh tomato, sprouts & Dijon aioli all grilled up on Old World Bakery sourdough 8

B.G.T.

A slight twist on the classic, with bacon, mixed greens, & slices of fresh tomato on marble rye with a little Circle Sauce. Simple and tasty! 6 ¾

Veggie Wrap (v)

A tasty combination of black bean hummus, Silver King tofu, red onion, spinach, feta, & chipotle aioli, finished off with our home-made black bean & corn salsa, wrapped in a flour tortilla 8 ¾

That's A Wrap!

Spicy! Smoked chicken, tomatoes, cheddar, fresh spinach, red onion, guacamole, ranch dressing, & Ebesse Zozo hot sauce wrapped up in a flour tortilla 9 ¼

Veggie Bagel (v)

Fresh tomato, artichokes, basil, sprouts, & sundried tomato aioli, on a whole wheat bagel 7 ¾

Salmon Bagel

Wild smoked salmon, provolone cheese, red onion, spinach, & sprouts with honey Dijon on a whole wheat bagel 8 ¾

Chicken Club

Not like your average club... This is a stack of our house-smoked chicken with bacon, provolone cheese, tomato, spinach, JD BBQ Sauce and caramelized onions, on a grilled artisan sourdough ciabatta with horseradish aioli!! 9

In our current world of 'eco-knowledge', the issues of sustainability and reducing one's carbon footprint are always at the forefront. It is our pleasure to inform our valued customers that, in the spirit of sustainability we have been able to achieve the following measures: Our eggs are Omega 3, antibiotic and growth hormone free; our suppliers of beef and pork proudly grow without the use of antibiotics and growth hormones; our specialty chickens are raised start to end on an Armstrong farm that grow all of their own feed, and do not use antibiotics and growth hormones. Our smoked salmon is wild caught BC salmon, processed in BC. Sourcing as locally as possible for these and all other menu items has been a satisfying endeavour. We hope that you enjoy our results!!

All menu substitutions and modifications will be gladly entertained. Please remember however, that depending on the extent of the sub or mod, price will be reflected accordingly. 😊

*An 18% discretionary gratuity may be added for parties of 6 or more

*Menu prices may change without notice