

ALL-DAY BRUNCH

THE BENNY'S

LADYBUG BREAKFAST BOWL 20

two centre cut bacon strips, Sunworks organic chicken sausage, sautéed mushrooms, red skin potato wedges, two eggs, toast (GF \$1.00)

ROASTED VEG BOWL (V) 19

red skin potato wedges, roasted maple carrots, sautéed mushrooms, crispy chickpeas, avocado, roasted red pepper chutney, two eggs, Ladybug dressing

BREAKFAST POUTINE 20

red skin potato wedges, two centre cut bacon, Sunworks organic chicken sausage, cheese curds, poutine gravy, two poached eggs, hollandaise

NUTELLA OR PB&J PUDDING FRENCH TOAST (V) 18

two slices cinnamon bread pudding french toast, fresh berries, Quebec maple syrup, icing sugar, vanilla whipped cream and a choice of PB&J or Nutella

CLASSIC FRENCH TOAST 18

house made brioche, fresh berries, vanilla whipped cream, Quebec maple syrup, icing sugar

SMOKED SALMON LINGUINE 24

BC smoked salmon, parmesan and roasted garlic cream sauce, with baby tomatoes, lemon and dill

PARISIAN 3-EGG OMELETTE (GF) 21

cured ham, sauteed mushrooms, baby tomatoes, herb & garlic Boursin cheese with red skin potato wedges and a fresh fruit cup

JAPANESE CHICKEN AND WAFFLE 21

Ladybug classic waffle, Japanese fried chicken and Asian hot sauce, kewpie mayo with sunny side egg

SESAME CHIA PARFAIT 18

vanilla tahini chia pudding, fresh berries, toast sesame snaps, and raspberry coulis

ALL BENNY'S COME WITH A SEASONAL FRUIT AND A CHOICE OF RED SKIN POTATO WEDGES OR GARLIC & SCALLION POTATO PANCAKES
\$1 MAKE ANY BENNY GLUTEN FREE

CLASSIC EGGS BENNY 19

toasted English muffins, back bacon, tomato, spinach, two poached eggs, hollandaise

AVOCADO TOAST BENNY (V) 19

toasted whole wheat sourdough, roasted red pepper chutney, cilantro, spinach, citrus sliced avocado, two poached eggs, hollandaise

BACON CHEDDAR WAFFLE BENNY 21

aged cheddar waffles, centre cut bacon, back bacon, spinach, two poached eggs, hollandaise

ROASTED CHICKEN & WAFFLES BENNY 21

aged cheddar waffle, tarragon roasted chicken, spinach, roasted red pepper chutney, two poached eggs, sriracha maple hollandaise.

Substitute Roast Chicken with Fried Chicken

BC SMOKED SALMON BENNY 24

toasted English muffins, spinach, two poached eggs, pickled red onion, fried caper & dill hollandaise

PEI LOBSTER BENNY 27

toasted English muffins, roasted red pepper chutney, two poached eggs, pickled red onion, hollandaise

TRUFFLE VEGGIE BENNY 19

toasted English muffins, white truffle oil, mushrooms, tomato, spinach, two poached eggs, hollandaise

KOREAN BULGOGI BENNY 20

toasted English muffins, Korean inspired bulgogi, spinach, pickled onions, two poached eggs, hollandaise

SOUP & SALAD

SOUP OF THE DAY OR ROASTED CHICKEN SOUP 20

soup comes with Ladybug chopped salad and two slices country bread

COBB SALAD (GF) 19

tarragon roasted chicken, hard boiled egg, centre cut bacon bits, avocado, baby tomatoes, herb & garlic boursin cheese, on Alberta mixed field greens served with Ladybug yogurt dressing

CHOPPED SALAD (VG/GF) 17

mandarin orange, diced mango, baby tomatoes and pickled red onions on a bed of mixed field greens served with Okanagan sesame vinaigrette

TOMATO AND CUCUMBER SALAD 17

baby tomatoes, cucumber, goat cheese, pickled onions and crispy chickpeas on Alberta greens, served with dill & honey dressing

SALAD ADD-ONS

Tarragon Chicken 7, BC Smoked Salmon 9, Avocado 4, Bulgogi Beef 8, Japanese Karaage 7

SIDES & STUFF

2 SCALLION POTATO PANCAKES 5

RED SKIN POTATO WEDGES (GF) 8

BC SMOKED SALMON 9

PULLED CHICKEN BREAST 7

BACK BACON OR CENTRE CUT BACON 4

SUNWORKS ORGANIC CHICKEN SAUSAGE 5

KOREAN BULGOGI BEEF 8

AVOCADO 4

1 EGG ANY STYLE 3

CUP O' SOUP 8

2 SLICES TOAST 3

SEASONAL FRUIT BOWL 5

HOUSE MIXED GREENS 6

HOLLANDAISE 3

(V) VEGETARIAN (VG) VEGAN (GF) GLUTEN-FRIENDLY (DF) DAIRY-FREE

BETWEEN BREAD

ALL SANDWICHES COME WITH A CHOICE OF SIDE:

SOUP | RED SKIN POTATO WEDGES | FRESH FRUIT BOWL
GARLIC & SCALLION POTATO PANCAKES |
LADYBUG CHOPPED SALAD

BREAKFAST SANDWICH 17

centre cut bacon, over-easy egg, applewood smoked cheddar, avocado, roasted red pepper chutney, butter lettuce, roasted garlic tarragon aioli on a house-made brioche bun

AVOCADO TOAST (VG) 17

toasted whole wheat sourdough, roasted red pepper chutney, cilantro, spinach and citrus sliced avocado

Add egg any style 3

TOKYO HOT CHICKEN SANDWICH 19

Japanese fried chicken, Asian hot sauce, Kewpie mayo, Alberta greens on a house brioche bun

BC SMOKED SALMON BAGEL 21

BC smoked salmon, herb & garlic Boursin cheese, fried capers, pickled red onion, Alberta greens, Okanagan sesame vinaigrette on a house bagel

WHITE TRUFFLE CHICKEN CLUBHOUSE (DF) 19

white truffle scented tarragon chicken salad, centre cut bacon, fresh tomato, butter lettuce, roasted garlic tarragon aioli
on 3 slices of toasted house cranberry 7 grain bread

PEI LOBSTER ROLL 28

PEI lobster with roasted garlic and tarragon aioli, butter lettuce on house New England bun

HAM AND CHEESE PANINI 18

shaved ham, roasted garlic tarragon aioli, pickle, grainy mustard, smoked applewood cheddar cheese, Alberta greens and Okanagan sesame vinaigrette

BREAKFAST WRAP 19

flour tortilla loaded with scrambled eggs, Sunworks organic chicken sausage, applewood smoked cheddar and roasted garlic aioli

BULGOGI WRAP 19

flour tortilla, Korean bulgogi beef, house aioli, applewood smoked cheddar cheese, cucumber, carrot, pickled onions, Alberta greens

SAVORY CREPES

(ALL OUR CREPES USE ORGANIC BUCKWHEAT FLOUR)

BC SMOKED SALMON CREPE 24

smoked salmon, herb & garlic Boursin cheese, fresh dill, baby tomatoes, fried capers, Alberta greens, Okanagan sesame vinaigrette, and lemon wedge

HAM & CHEESE CREPE 20

shaved ham, applewood smoked cheddar, grainy mustard, parmesan mornay sauce, Alberta greens, baby tomatoes, Okanagan sesame vinaigrette

CHICKEN & MUSHROOM CREPE 20

roasted tarragon chicken, sautéed mushrooms, parmesan mornay sauce, Alberta greens, Ladybug herb & black pepper yogurt dressing

BRITTANY CREPE 22

shaved cured ham, Sunworks organic chicken sausage, applewood smoked cheddar, parmesan mornay sauce, Alberta greens, baby tomatoes, Okanagan sesame vinaigrette, sunny side egg, red skin wedges

VEGGIE CREPE (V) 20

avocado, sautéed mushrooms, baby tomatoes, crispy chickpeas, herb & garlic Boursin cheese topped with Alberta greens and Okanagan sesame vinaigrette

Lil Ladybugs Meals \$8 (12 and under)

kids orange juice or apple juice \$3

WAFFLES, WHIPPED CREAM & SYRUP

SCRAMBLED EGG & TOAST

GRILLED CHEESE

comes with a choice of wedges, fruit or bacon

“Crêpe or Waffle?”

ANY OF THE FOLLOWING CAN BE MADE ON A SWEET CREPE OR A CLASSIC LADYBUG WAFFLE

CLASSIC MAPLE 16

Quebec maple syrup, icing sugar, vanilla whipped cream, cinnamon

STRAWBERRY & RASPBERRY 18

fresh strawberries and raspberries, raspberry coulis, icing sugar, vanilla whipped cream

NUTELLA 18

Nutella, icing sugar, vanilla whipped cream
Add sliced banana 2

STRAWBERRY, BANANA & CHOCOLATE 18

Callebaut chocolate, fresh strawberries and banana, raspberry coulis, icing sugar, vanilla whipped cream

DARK CHOCOLATE CALLEBAUT 16

Dark chocolate drizzle, vanilla whipped cream, icing sugar, Callebaut chocolate shavings

STRAWBERRY, BANANA & NUTELLA 18

Nutella, fresh strawberries and banana, raspberry coulis, icing sugar, vanilla whipped cream

Add a scoop of ice cream (vanilla or chocolate) 3