

# Breakfast

## EOU BREAKFAST BUFFET | 28

Fuel your morning with a hearty breakfast. Our Farmer's Market Breakfast Buffet offers a delicious local selection of pastries, cereals, seasonal fruits, eggs, meats, and more. Freshly brewed coffee, teas, & juices.

### HEALTHY START

#### GRANOLA PARFAIT | 12

Greek & Fruit Yogurt, Kare Organic Granola ©, Seasonal Berries

#### CHIA SEED PUDDING | 14

Toasted Almond, Coconut, Melon

#### FRUIT PLATE | 16

Seasonal Fruit & Berries

#### AVOCADO TOAST | 18

Multigrain Toast, Smashed Avocado, Egg

### EGG-STRAVAGANZA

#### THE CLASSIC | 21

Two Eggs Any Style, Crispy Potatoes, Toast  
**One Choice of Maple Bacon, Banger Sausage, or Chicken & Apple Sausage**

#### THREE EGG OMLETTE | 22

Made to your preference.  
Provençal Tomatoes, Crispy Potato

#### EOU OMLETTE | 23

Egg White, Baby Kale, Braised Mushroom, Locally Sourced Cheese, Crispy Potato

### BENEDICT BLISS | 22

Poached Egg, Provençal Tomatoes, Home Fries, Hollandaise

#### CLASSIC BACK BACON ATLANTIC SMOKED SALMON CARAMALIZED ONION, MUSHROOM

### CHEF'S FAVOURITES

#### CROQUE MADAME | 22

Sour Dough Bread, Blended Parmesan & Gruyere, Ontario Ham, Fried Egg

#### HEALTHY BREAKFAST BOWL | 23

Brown Rice & Quinoa, Soft Poached Egg, Cauliflower, Kidney Beans, Squash, Pesto

#### SMOKED SALMON BAGEL | 14

Red Onions, Capers, Cream Cheese

### SWEET TREATS

#### FRESHLY BAKED PASTRIES | 12

Croissant, Danish, Muffin

#### WAFFLE | 19

Homemade Waffle, Vanilla Whipped Cream, Chocolate Sauce

### BEVERAGES

FRESHLY BREWED COFFEE | 5

HOT CHOCOLATE | 5

ESPRESSO | 5/7

CAPPUCCINO/LATTE | 6

TEA | 5

FRUIT JUICE | 6

Orange, Apple, Cranberry, or Tomato

SMOOTHIE | 9

### SIDES

CHICKEN & APPLE SAUSAGE | 7 

MAPLE BANGER SAUSAGE | 7

BACON | 8 

SIDE POTATOES | 6 

Additional gluten-free options available,  
please ask your server for more details.

 CHEF'S SIGNATURE DISH

 VEGETARIAN

 VEGAN

 GLUTEN-FREE

*Essence of*  
**UNIONVILLE**

Executive Chef – Jitin Gaba

A 13% tax will be applied, gratuities extra. For parties of six or more, a 15% gratuity will be applied. Should you have any allergy concerns or dietary restrictions, please notify your server. Consuming raw or undercooked meats, poultry, shellfish or eggs may increase your risk of foodborne illness.