**Roots Breakfast Menu**

**Breakfast Bowl $12.00**

Roasted Roots topped with Two Poached Eggs, Black Beans, Rice, Avocado, Banana Peppers

Spinach and Salsa topped with our house made cilantro lime dressing.

**Eggs Bennie** -English Muffin(*available gluten free*) two Poached Eggs, Roasted Roots, Hollandaise served with Roasted Roots

Or have your Bennie in a Bowl served on Roasted Roots!!

**Very Veggie Bennie $11.95**

Spinach, Tomato, Avocado

**Montreal Smoked Beef Bennie $12.25**

Montreal Smoked beef, Spinach, Tomato

**Smoked Salmon Bennie $13.95**

Smoked Salmon, Spinach, Capers

**Two Eggs** (your way) **$8.95**

Eggs,Toast, Turkey Bacon or Corned Beef and Roasted Roots

**Pancakes $8.95**

3 Buckwheat Pancakes, Turkey Bacon, or Montreal Smoked Beef w/ Maple Syrup or, Side of Fruit or Roots

**Grilled Breakfast Sandwich $9.95**

Fried Egg on Kaslo Micro Sour Bread, with Smoked Gouda, Tomato, and Spinach, served with a side of Russian Sauce. (Add Montreal Smoked Beef or Turkey Bacon $3.00)

**Grilled Breakfast Burrito $9.95**

Black Bean spread, Scrambled Egg, Avocado, Tomato, Gouda, Salsa, Spinach. Served with side of Salsa

**Grilled Tofu Scramble Wrap $9.95**

Tofu Scramble (w/Yeast flakes/Braggs) Feta, Salsa, Spinach

**Side Toast $3.95-** Two pieces Kaslo Micro Sour or Gluten Free Bread w/ Peanut Butter, Almond Butter or Jam

**Side of Pancakes $5.50 –** Two Buckwheat Pancakes w/ Maple Syrup