

## SWEET STUFF

### WAFFLES

Single	\$10
All you can eat	\$17
Chicken & waffles	\$18

### PANCAKES

Plain	SINGLE \$6	3 STACK \$15
Choc Chip	SINGLE \$7	3 STACK \$17
Blueberry	SINGLE \$7	3 STACK \$17
Bacon	SINGLE \$7	3 STACK \$17

### FRUIT CUP

Seasonally selected fruits.

### FRENCH TOAST

Single slice	\$5
3 stack	\$12
Stuffed french toast	\$15
Half SFT	\$10

Check the board for daily flavour.

### ADD ONS

CHEESECAKE TOPPING	\$4
BERRY TOPPING	\$3
HOUSE CARAMEL	\$1
COCONUT WHIP	\$1

## TOASTS

### AVO TOAST \$14

Housemade whipped feta, guacamole, fresh pico served on toasted sourdough & 2 eggs your way.

### MUSHROOM TOAST \$13

Garlic hummus with herbed mushroom medley, arugula, truffle oil, balsamic reduction & 2 eggs your way.

### EGGS ON TOAST \$11

2 eggs your way served on buttered toast of your choice.

### BREAKY SANDO \$9

Your choice of protein, fried egg, tomato, spinach, housemade whipped feta, served on a kaiser bun.

## - BREAKFAST -

### BIG BREAKY \$18

2 eggs, 2 protein, toast, hashbrowns, tomato & greens.

### HALF BREAKY \$13

1 egg, 1 protein, toast, hashbrowns, tomato & greens.

### MEXICAN SKILLET \$16

2 eggs, black beans, corn, peppers, onions, tomato, topped with chipotle on a bed of hashbrowns.

### HALF MEXICAN SKILLET \$13

1 egg, black beans, corn, peppers, onions, tomato, topped with chipotle on a bed of hashbrowns.

### CORNED BEEF HASH \$16

2 eggs, red onion, peppers, cheddar, green onions on a bed of hashbrowns.

### HALF CORNED BEEF HASH \$13

1 egg, red onion, peppers, cheddar, green onions on a bed of hashbrowns.

### BENNY'S

Served with hashbrowns.

### HAM \$15

### BACON & TOMATO \$16

### SMOKED SALMON & PESTO \$17

### CAPRESE \$15

### SPINACH & FETA \$15

### PULLED PORK & SLAW \$17

All topped with Vernon's best holly.

### OMELETTES

Served with hashbrowns.

### GREEK \$14

Red onion, peppers, tomato, pesto & feta. Topped with olives.

### HAM & CHEDDAR \$14

Classic ham & cheddar.

### CUSTOM \$15

One meat, one cheese, two veg.

## - EXTRAS/UPGRADES -

can be applied to all dishes.

### PROTEINS

SAUSAGE	\$4
BACON	\$4
HAM	\$4
TURKEY BACON	\$4
SMOKED SALMON	\$5
PULLED PORK	\$5
BEEF PATTY	\$5
CRUMBED/GRILLED CHICKEN	\$5
VEGAN BREADED CHICKEN	\$5
VEGAN SAUSAGE PATTY	\$5

### UPGRADES

YAM FRIES	\$3
POUTINE	\$4
SUB HASH FOR SALAD	\$1
1/2 FRIES 1/2 SALAD	\$1
SUB HASH FOR DIRTY FRIES	\$4
SUB FRIES FOR DIRTY FRIES	\$4
SUB EGGS FOR TOFU SCRAM	\$2
GF POTATO CAKE	ONE \$2 TWO \$3.5
TATER TOTS	

### SAUCES

Buddha Dressing	\$1
Secret Sauce	
Garlic Mayo	
Chipotle	
Honey Mustard	
Greek Dressing	
Vegan Chipotle	

### EXTRAS

TOAST	\$2
MAPLE SYRUP	\$2
WHIPPED FETA	\$2
HOUSE FALAFEL	\$3
HOLLANDAISE	\$2
AVO SLICES	\$2

# EATOLOGY

FRESH & LOCAL

## BURGERS/ SANDOS

All served with either soup, salad or fries.

### BEEF \$17

Fresh beef patty, tomato, lettuce, red onions, onion rings, garlic mayo served on a kaiser bun.

### BBQ CHICKEN \$17

Crumbed chicken breast with guac, bbq sauce, salt and vinegar chips served on a kaiser bun.

### VEGGIE \$17

Housemade veggie patty, hummus, tomato, swiss cheese, mushrooms, lettuce served on a kaiser bun.

### PULLED PORK \$17

Smoked pulled pork, bbq sauce, coleslaw served on a kaiser bun.

### BLT GRILLED CHEESE ALMIGHTY \$17

2 grilled cheeses hugging bacon, lettuce, and tomato with garlic mayo & banana peppers.

**SOUP**

CHECK THE MENU BOARD  
FOR OUR DAILY SOUP

CUP \$6  
BOWL \$9

BOWL SERVED WITH FOCACCIA

## CARBO GOODNESS

### HOUSE FRIES \$7

Thick cut fries tossed in house seasoning.

### YAM FRIES \$9

Served with house chipotle.

### DIRTY FRIES \$14

House fries served with porchetta, crispy sage, thyme, rosemary with parmesan, garlic mayo & chipotle.

### POUTINE \$14

Thick cut fries served with beef gravy, cheddar cheese, cheese curds & green onions.

### MAC & CHEESE \$16

Macaroni with pale ale housemade cheese sauce, topped with green onions, bread crumbs with focaccia.

## - KIDDOS MENU -

### CHEESE BURGER \$10

Beef patty, ketchup, mustard, pickle on a kaiser bun served with fries.

### MAC & CHEESE \$9

Housemade cheese sauce, macaroni with focaccia.

### TENDERS & FRIES \$9

Breaded chicken breast with fries & a side of housemade honey mustard.



### WAFFLE \$6

Served with icing sugar, whip & syrup.

### PANCAKE \$6

Bear shaped pancake served with icing sugar, whip & syrup.

### BREAKY PLATE \$8

1 egg, 1 protein, your choice of toast.

## - SALADS -

Feels good, baby

PSST... WE ALSO HAVE  
TOSSED SALAD, JUST  
ASK.

### BUDDHA BOWL \$15

Brown rice, spinach, shredded carrots & beets, buddha dressing topped with shaved almonds and pea shoots.

### TACO SALAD \$15

Chicken or pulled pork, corn, black beans, cabbage, mixed greens, cheddar cheese, pico, guacamole, chipotle, dorito croutons.

### COBB SALAD \$16

Poached egg, romaine, peppers, corn, black beans, red onion, bacon, cheddar cheese, avo, greek dressing, chipotle.

### GARLIC CAESAR \$15

**SALAD**  
House dressing, croutons, shaved parm & bacon.

# EATOLOGY

FRESH & LOCAL

## LEMONADES

### STRAIGHT UP \$5

Our classic, housemade lemonade. Made with freshly squeezed lemons.

### WATERMELON \$5

Housemade lemonade topped with watermelon juice & a dash of club. Man, it's refreshing.

### ROSE \$5

Housemade lemonade with a dash of rose & club. Floral and fresh.

### GRAPEFRUIT \$5

Housemade lemonade topped with grapefruit juice & a dash of club. A fan favourite.

### ROTATING FLOAT \$6

Housemade lemonade, a dash of club topped with housemade sorbet. YUM.

ALL DRINKS CAN BE  
MADE HOT OR COLD

## BOTTLED DRINKS:

POP \$2.5

SNAPPLE \$3.5

BOTTLED WATER \$2

SAVIJA KOMBUCHA \$5.5

## TEAS

Tea blends supplied by Tea Essential

### BLACK TEA \$3.25

English breakfast, creamy earl grey, orange pekoe.

### GREEN TEA

Peach green, cherry blossom.

### HERBAL

Peppermint, chamomile, bengal chai, organic vanilla honey bush.

### LEMON LAVENDER ICED \$4.75

### TEA

Housemade lemonade, lavender syrup & earl grey iced tea. So good.

### MATCHA LATTE 8OZ \$4.5 12OZ \$5

matcha, vanilla syrup & your choice of milk.

### LONDON FOG 8OZ \$4.5 12OZ \$5

Earl grey tea, housemade vanilla syrup & your milk of choice.

### CHAI LATTE 8OZ \$4.5 12OZ \$5

Housemade chai, vanilla syrup & your choice of milk.

### FLAVOUR SYRUPS:

Caramel, Vanilla, Hazelnut, Lavender, honey, SF options too.

## - COFFEE -

### DRIP (FREE REFILLS) \$3.25

Eatology's exclusive medium/dark roast from Multiply coffee. Smooth, no acid, well balanced cup.

### MILK BASED 8OZ \$3.5 12OZ \$4.5

Latte

Cappuccino

Mocha

Flat white

Hot choc

### MILK SHORTIES \$3.5

Cortado

Traditional macchiato

### BABY CHINO \$2.5



### CARAMEL COLD BREW \$4.5

Eatology's exclusive multiply cold brew, housemade caramel syrup & sauce, topped with cream.

### CARAMEL MACCHIATO 8OZ \$3.5 12OZ \$4.5

Housemade vanilla, Multiply espresso, caramel sauce & your choice of milk.

### AMERICANO 8OZ \$3.5 12OZ \$4

### MILK OPTIONS:

3% Oat Almond Soy Coconut

1% Lactose free Chocolate

milk alts. \$0.75 upcharge.

## - SMOOTHIES & JUICES -

Feeling fruity?

### GREEN MACHINE \$6

Green apple, pineapple, ginger. spinach, kale, banana & coconut milk.

### MIXED BERRY MADNESS \$6

Mixed berries, honey, banana & coconut milk.

### JUICES \$3.5

Orange  
Apple  
Grapefruit  
Cranberry  
Watermelon