

# BREAKFAST

This menu is available in our dining room from 7am to 10am every morning and is current to Summer 2020. Items and prices are subject to change without notice and in-house menus always prevail over any online menu.

## We are Refreshingly Local

Welcome to breakfast at the Blue Crab Seafood House. We proudly serve local flavours from ingredients raised, grown, and baked right here on beautiful Vancouver Island.

We carry sourdough, multigrain and rye bread from Portofino Bakery.

Gluten free toast may be substituted for \$1; Substitute fresh fruit for hashbrowns for \$3

- Coast Signature Breakfast 20** Two free-range eggs, two sausage links, two slices of bacon, roasted tomato, and hashbrowns, served with choice of toast; includes coffee and juice
- Healthy Start 18** Yogurt, house-made granola, fresh fruit, and choice of toast; includes coffee and juice

The following breakfasts come with your choice of coffee, tea, or juice

- Traditional Benedict 20** Melrose ham, two poached free-range eggs, and hollandaise on an english muffin, served with hashbrowns
- Crab Cake Benedict 22** Our famous crab cakes, two poached free-range eggs, spinach, and hollandaise on an english muffin, served with hashbrowns
- Ham Omelette 20** Ham, three free-range eggs, cheddar or goat cheese and any of the following: tomato, mushrooms, peppers, green onion, spinach, served with hashbrowns, and choice of toast
- Veggie Omelette 20** Loaded with veggies, three free-range eggs, cheddar or goat cheese and any of the following: tomato, mushrooms, peppers, green onion, spinach, served with hashbrowns, and choice of toast
- Buttermilk Pancakes 18** Three pancakes with berry compote or butter and syrup
- Oatmeal 13** Made to order oatmeal with brown sugar, raisins, and milk

## SIDES

Free Range Egg (one)	3
Free Range Eggs (two)	5
Bacon	5
Ham	5
Sausage	5
Hashbrowns	5
Toast	4
Gluten Free Toast	5
Yogurt	4
Fresh Seasonal Fruit	7
Granola	5
Cold Cereal	5
Tomatoes	3
Hollandaise	3

## DRINKS

Starbucks Drip Coffee	4.5	
Tazo Tea	4	
Hot Chocolate	4	
2% Cow's Milk	4	
Soy Milk	4	
Almond Milk	4	
Juice	5	
		Single / Dbl
Espresso	4	5
Americano	4.5	5.5
Latte	5	6
Cappucino	5	6
Mocha	5.5	6.5
Chai Latte	5.5	6.5

Please notify your server prior to ordering about all food allergies and/or intolerances.

VIHA advises: "Consumption of raw or undercooked seafood, shellfish, meat, or eggs poses an increased risk of food-borne illness."

We invite you to visit our website [bluecrab.ca](http://bluecrab.ca) to review our COVID-19 protocol.

We appreciate your understanding and patience as we offer a limited menu with limited staffing.

We kindly ask that guests do not move tables or chairs, or move about the room unless necessary in order to maintain 6 feet of distance between guests. Please bring a face covering for times when physical distancing cannot be maintained