

RISE & SHINE

Breakfast is served Monday to Friday until 11 am and Saturday, Sunday and holidays until 12 pm.

Full English Breakfast 17.50

Two eggs, bacon, sausage and baked beans. Served with hash browns and marble rye toast.

Miner's 2-2-2 15.50

Enjoy two eggs, two slices of bacon and two slices of our toasted marble rye bread. Served with hash browns.

Bangers & Hash 16.50

Two eggs, diced hash browns with onions and peppers, and a traditional banger.

Breakfast Skillet Hash 16

Your choice of style of egg and choice of bacon, sausage, or ham. Served in a skillet with hash browns, onions, tomato, peppers, and cheese. Served with marble rye toast.

Eggwich 14

Toasted artisan bun, one egg, Georgetown mayo, bacon, Cheddar and tomatoes. Served with hash browns.

Morning Bowl 14

A refreshing light breakfast bowl with yogurt, granola, dried dates, house-made berry compote, all drizzled with honey.



Weekend Benny

Ask your server about this weekend's special benny. Available Saturday and Sunday mornings.



OMELETTES

“Goat Cheese in the Green” Omelette 17

A delicious blend of goat cheese with spinach, bell peppers, mushrooms, tomatoes and onions. Served with marble rye toast, hash browns and a fruit skewer.



Build Your Own Omelette 17

A two egg omelette with your choice of up to three items from the list below. Served with hash browns and marble rye toast.

Additional items 2.50

- Sausage
- Bacon
- Salami
- Ham
- Swiss
- Smoked Gouda
- Brie
- Goat cheese
- Cheddar
- Feta
- Onion
- Tomatoes
- Peppers
- Mushrooms
- Roasted red peppers
- Spinach

Side Orders, Add-ons & Substitutions

Hash browns 3.50

Sausage (2 links) 4.50

Bacon (3 slices) 4

Toast 3

Yogurt 3

2 eggs 3

Side fruit 3.50

Beans 3

Gluten-free bread 3

GF - Some of the options on our menu can be made gluten-free. However, grills and fryers are also used to cook gluten meals. Please ask your server for details.

CARRYING THE TORCH

After the Canmore mines were shut down on July 13, 1979, the town struggled to stay alive, bolstered only by its close proximity to the popular town of Banff. The announcement that the Nordic events for the Winter Olympics of 1988 would be held in Canmore brought the town back to life and quite possibly saved it from looming economic disaster. After the excitement of the Olympic Games dispersed, Canmore was left with a great legacy, a vibrant ambiance, and The Canmore Nordic Centre.

*all newspaper text has been quoted and/or paraphrased from Barlow's retrospective of the Canmore Leader Archives - Barlow, L. (2008, February 27). Olympic Retrospective. Retrieved from www.canmoreleader.com

RISE & SHINE

Breakfast is served Monday to Friday until 11 am and Saturday, Sunday and holidays until 12 pm.

PANCAKES

Glorious Cinnamon Bun 14.50

A stack of three cinnamon infused fluffy pancakes layered with cream cheese, topped with whipped cream and served with maple syrup.

Mixed Berry 14.50

Three fluffy pancakes topped with a mixed berry compote, whipped cream and served with maple syrup.

Bacon Berry 15.50

Three hotcakes stuffed with bacon and topped with our special blend of berries and a dollop of whipped cream. Served with maple syrup.

Tree Hugger 14.50

Three hotcakes topped with creamy vanilla yogurt, our special blend of berries and sprinkled with granola. Served with maple syrup.

Traditional Pancakes 12.50

Three hotcakes served with vanilla whipped cream and syrup.

FAMOUS FRENCH TOAST

Famous Oranges 15.50

Batter dipped, cinnamon scented sliced French bread and spiced orange zest with house-made vanilla sauce, mandarin orange segments and roasted pecans. Served with maple syrup.

Apples Charlotte 15.50

Vanilla scented French bread with cinnamon, brown sugar and caramelized apples. Served with maple syrup.

Morning Blues 15.50

Filled with mixed berries and cream cheese, topped with a mixed berry coulis.

Chocolate Lovers 15.50

Stuffed with Nutella and topped with a berry coulis and vanilla whipped cream.

Traditional French Toast 14.50

Served plain with a side of maple syrup.

GF - Some of the options on our menu can be made gluten-free. However, grills and fryers are also used to cook gluten meals. Please ask your server for details.

THE THREE SISTERS

In 1883, Mayor Rogers of Canmore decided to let his nephew, Albert Rogers, name the three iconic mountains that overlooked the town. The snow-capped peaks were said to look like nuns; this was later transposed into "Sisters".

- The little sister, Hope, features a large blocky plateau at its peak and is the most difficult to climb.
- The middle sister, Charity, is a very popular intermediate scramble.
- The big sister, Faith, is the peak farthest from the highway and is an easy limestone scramble.

Hope

Charity

Faith