



BREAKFAST MENU

WAFFLES

Not your average waffle! Our Norwegian-style waffles are thin and soft, reminiscent of a crepe. When you add our unique twist on fillings, these waffles are out of this world!

served with fresh fruit

Nutella & Banana Nordic Waffle	\$10.25
<i>Nutella and sliced bananas stuffed in a Nordic Waffle.</i>	
— add strawberries in waffle +\$1	
Bacon & Portabella Stuffed Nordic Waffle	\$11.75
<i>Crumbled bacon, egg, havarti cheese, portabella mushrooms and plum sauce stuffed in a Nordic Waffle</i>	
Salmon & Dill Nordic Waffle	\$12.25
<i>Cold smoked salmon, egg, lemon caper dill cream cheese, spinach & fresh dill stuffed in a Nordic Waffle.</i>	
Greek Gyro Nordic Waffle	\$12.25
<i>Gyro meat, egg, Roma tomatoes and tzatziki sauce stuffed in a Nordic Waffle.</i>	
Ham & Goat Cheese Nordic Waffle	\$11.75
<i>Honey baked ham, egg, goat cheese, fresh spinach and truffle balsamic glaze stuffed in a Nordic Waffle.</i>	
Fruit Stuffed Nordic Waffle	\$10.75
<i>Nordic Waffle with fresh berries & cream cheese whipped with fruit preserves. Topped with whipped cream & Spence's maple syrup.</i>	
Kids Nordic Waffle	\$8.75
<i>Nordic Waffle stuffed with fresh berries, topped with whipped cream and Spence's maple syrup.</i>	

SCRAMBLES

served with fresh fruit

Meat, Cheese & Egg Scramble	\$11.25
<i>Bacon or Ham, your choice of cheese and scrambled eggs on top of fresh spinach.</i>	
Portabella, Veggie & Egg Scramble	\$11.75
<i>Portabellas, caramelized onions, roasted red peppers, sun-dried tomatoes, provolone, scrambled eggs, and Croix Valley Garlic and Herb sauce on fresh spinach.</i>	
— make it vegan by substituting tofu for eggs and no cheese	

SPECIALTIES

Urban Breakfast Board	\$14.00
<i>Cold smoked salmon, lemon caper dill cream cheese, fresh fruit, white ciabatta toast or warm croissant, butter, and preserves.</i>	
— Sub two pieces GF toast for \$2.00	
Meat & Cheese Croissant Sandwich	\$11.25
<i>Bacon or ham, your choice of cheese and scrambled eggs on a warm croissant. Served with fresh fruit.</i>	
— Sub two pieces GF toast for croissant for \$2.00	
Quiche	\$13.25
<i>Home-made potato crusted quiche in a variety of ever-changing flavors with fresh fruit and a mini muffin.</i>	
Urban Combo - Choose any 2	\$14.00
<i>Your choice of a small garden, Caesar, or Greek salad, or a cup of one of our delicious soups, or our homemade quiche</i>	

SIDES

Gluten-Free Toast (1 piece)	\$2.00
<i>with butter and preserves</i>	
Ciabatta Toast or Warm Croissant	\$3.00
<i>with butter and preserves</i>	
Fresh Fruit Plate	\$5.50
Scrambled Eggs	\$4.50
Sliced Avocado Half	\$2.50
Hard-Boiled Egg	\$2.00
Side of Spence's local Maple Syrup	\$1.00