

EARLY BIRD MONDAY-FRIDAY UNTIL 10 AM

Early Bird Sandwiches served with your choice of fruit cup or breakfast potatoes (+ 130 Cals)

Western Sandwich 6.95 (430 Cals)


BLT Sandwich 6.95 (580 Cals)

Bacon and Egg Sandwich 6.95 (700 Cals)

 **French Toast & Fruit Cup** 8.95 (620 Cals)

Three Eggs includes choice of **Brewed Coffee (0 Cals)** or **Orange Pekoe Tea (0 Cals)**

Three eggs any style accompanied with breakfast potatoes, toast & choice of bacon (765 Cals) or ham (710 Cals) 8.95

 **Three Egg Omelette** includes choice of **Brewed Coffee (0 Cals)** or **Orange Pekoe Tea (0 Cals)** Served with breakfast potatoes & whole wheat toast. 8.95 (510-710 Cals) Two choices: bacon (80 Cals), ham (60 Cals), tomatoes, mushrooms, or green peppers (10 Cals), red onion (20 Cals), cheddar or Swiss (110 Cals), mozzarella (90 Cals), feta cheese (70 Cals)

All Regular Three-Egg Omelettes & Breakfasts accompanied by seasoned breakfast potatoes (130 Cals) & whole wheat toast (170 Cals).
SUBSTITUTE Breakfast Potatoes for: Sweet Potato Fries, Mediterranean Salad , House Salad (- 60 Cals) or Fruit Cup (- 90 Cals) for just 1.50 extra

OMELETTES

* **Egg White Omelettes available**

add 1.50 extra (- 100 Cals)


Deluxe Omelette

Bacon, sausage, ham, green peppers, red onions and mushrooms. 14.95 (910 Cals)

 **Mediterranean Omelette** 13.95 (580 Cals)

Diced zucchini, tomatoes, black olives & feta cheese.

 **Brie, Mushroom & Spinach Omelette**

 Served with tomato slices and a gluten friendly bun. 11.95 (560 Cals)

 **Grilled Vegetable Omelette**

Grilled onions, roasted red peppers, mushrooms and zucchini. 13.95 (570 Cals)

 **Spinach & Feta Omelette** 12.95 (650 Cals)

Western & Cheddar Omelette 13.95 (730 Cals)

Ham, green peppers, red onions and cheddar cheese.

Bacon & Cheddar Omelette 12.95 (690 Cals)

 **Custom Omelette** 10.95 (490 Cals)

add your favourite ingredients:

Choice of meat: bacon (80 Cals), diced ham (60 Cals), sausage (200 Cals) add 0.95 each

Choice of vegetable: tomatoes (20 Cals), red onions (20 Cals), mushrooms (20 Cals), roasted red peppers (20 Cals), green peppers (20 Cals), zucchini (20 Cals), black olives (30 Cals) or spinach (5 Cals) add 0.95 each

Choice of cheese: cheddar or Swiss (110 Cals), mozzarella (80 Cals), Brie (90 Cals) or feta (70 Cals) add 1.45 each

POWER BREAKFAST

Steak Power Omelette 19.95 (920 Cals)

With sautéed BBQ steak bites, green peppers, onions, tomatoes, garlic sauce. Served with breakfast potatoes & toast.

Chicken Power Omelette 18.95 (930 Cals)

With sautéed diced chicken, bell peppers, tomatoes, onions, cilantro, garlic sauce. Served with breakfast potatoes & toast.

 **Vegetarian Power Omelette** 17.95 (800 Cals)

With sautéed portobello mushrooms, black beans, bell peppers, tomatoes, zucchini, red onions, cilantro, garlic sauce. Served with breakfast potatoes and toast.

Steak & Eggs 19.95 (950 Cals)

Grilled filet of beef medallions, three eggs made to order, breakfast potatoes and a grilled pita.

Breakfast of Champions 15.95

Three eggs – made to order, with breakfast potatoes, a fresh waffle, and choice of ham (930 Cals) or bacon (1330 Cals).

THREE EGG BREAKFAST

 **3 fresh eggs, any style** 10.45 (490 Cals)

with ham 12.45 (710 Cals)

or bacon 12.45 (770 Cals)

with peameal bacon 13.45 (710 Cals)

or farmer's sausage 13.45 (1160 Cals)

or turkey sausage 13.95 (640 Cals)

EGGS BENEDICT Served with Breakfast Potatoes

Eggs Benedict

Peameal bacon and poached eggs topped with Hollandaise sauce; layered on a toasted English muffin. 14.95 (700 Cals)

Eggs Benjamin

Smoked salmon, red onions and poached eggs topped with Hollandaise sauce; layered on a toasted English muffin. 16.95 (620 Cals)

 **Eggs Florentine**

Cooked spinach & poached eggs topped with Hollandaise sauce; layered on a toasted English muffin. 13.95 (590 Cals)

 **AVOCADO TOAST with Poached Eggs**

Avocado spread with pico de gallo and 2 eggs. On toasted rye bread with side fruit salad. 15.95 (660 Cals)

FRENCH TOAST & WAFFLES

Symposium French Toast

Three large slices of fresh egg bread, dipped in our cinnamon honey egg batter. Served with fruit cup & choice of:

ham (830 Cals) or bacon (890 Cals) 15.95

Add chocolate chips 1.50 (140 Cals)

Add extra fruit topping 1.50 (35 Cals)

Caramel Banana French Toast

With hot caramel banana sauce and choice of ham (1110 Cals) or bacon (1200 Cals) 16.95

French Toast With White Chocolate Cinnamon

White chocolate cinnamon sauce & side fruit cup. Choice of ham (1110 Cals) or bacon (1200 Cals) 16.95

 **Belgian Waffle** 12.45 (400 Cals)

Topped with choice of fruit & served with a side fruit cup.

Add chocolate chips 1.50 (140 Cals)

Add extra fruit topping 1.50 (35 Cals)

REFRESHING JUICES



BLEND YOUR JUICE WITH ICE add 0.70

Symposium Strawberry/Banana/Orange

Delicious and refreshing. 4.75 (130 Cals)

Orange 100% Florida oranges. 4.25 (110 Cals)

Mango 4.75 (140 Cals)

Adults and youth (ages 13 and older) need an average of 2,000 calories a day, and children (ages 4 to 12) need an average of 1,500 calories a day. However, individual needs vary. Any add-ons or substitutions add indicated calories to total calorie count.  indicates vegetarian. All items identified with  are considered gluten friendly; however, the possibility of cross contact with gluten items does exist. Please notify management if you have allergies.

At this time only these menu items are being offered to our Symposium guests. Specials offers, daily features, or promotions – unless offered by the individual location – are not valid nor available until further notice. We thank you for your understanding and ongoing support. All menu items subject to availability. Prices subject to change.

BREAKFAST SANDWICHES

The Cuban Pulled pork, fried egg, peameal bacon, sliced pickle, mustard and Swiss cheese on a ciabatta bun. Served with breakfast potatoes. 10.95 (730 Cals)

Peameal Bacon, Egg & Cheese
Served on a soft Gourmet bun. 9.25 (570 Cals)

All the following served on whole wheat, or your choice of bread: white (+ 10 Cals) or rye (- 40 Cals).

Smoked Salmon & Cream Cheese
Served on marble rye bread 15.95 (400 Cals)

Ham, Feta, Onion & Egg Sandwich
Served on gluten friendly bun 8.45 (460 Cals)

Western
Ham, bell peppers and red onion. 4.75 (390 Cals)

Triple-Decker Grilled Cheese 5.75 (490 Cals)

B.L.T. 5.95 (550 Cals)

Fried Egg 5.95 (310 Cals)

Bacon & Egg 5.25 (670 Cals)

Bacon & Cheese 4.25 (760 Cals)

Add cheese slice 1.45 (70-110 Cals)

FRESH & LIGHT SYMPOSIUM CAFE RESTAURANT & LOUNGE

Fruit Yogurt Parfait
Assorted berries, vanilla yogurt and granola. 5.75 (410 Cals)

SIDE ORDERS

Single egg (poached, fried or scrambled) 1.50 (70 Cals)

Bacon (5 slices) 3.45 (270 Cals)

Ham (3 slices) 3.45 (210 Cals)

Breakfast Potatoes 3.75 (160 Cals)

Toast 1.75
white (180 Cals), whole wheat (170 Cals), marble rye (130 Cals)

Peameal (3 slices) 3.95 (210 Cals)

Turkey sausage (3 pieces) 3.95 (100 Cals)

Farmer's sausage (2 pieces) 3.95 (660 Cals)

Fruit salad 4.95 (90 Cals)

Sliced tomatoes 1.50 (15 Cals)

French toast 8.95 (390 Cals)

Available from 11am - 4pm SALAD BOWLS

Served with choice of our Housemade Dressings: Ranch (180 Cals), Creamy Garlic & Parmesan (430 Cals), Spicy Italian Vinaigrette (370 Cals) or Clover Honey & Mustard Seed Vinaigrette (40 Cals). No substitutions will be made for ingredients.

Cajun Shrimp Salad Bowl 22.95 (360 Cals)
Plump blackened shrimp, grape tomatoes, chickpeas, sliced strawberries & pea shoots, served on crisp romaine lettuce.

Teriyaki Salmon Salad Bowl
Grilled Atlantic salmon loin with our signature teriyaki glaze, joined by ripe tomatoes, cucumber, broccoli, sliced mushrooms, green onion, pea shoots and crispy wontons on a bed of romaine lettuce. 22.95 (480 Cals)

BBQ Chicken Cobb Salad Bowl 20.95 (1060 Cals)
Grilled BBQ chicken breast, crumbled bacon, grape tomatoes hardboiled egg & goat cheese. Served on crisp romaine lettuce.

SOUPS

French Onion 8.95 (350 Cals)

Broccoli & Cheddar 7.95 (360 Cals)

Tuscan Tomato Bean Soup 6.95 (120 Cals)

Chicken Wings and Fries 18.95 (1190 Cals)
One full pound of plump roasters wings with your choice of sauce.

Chicken Tenders and Fries 17.95 (1670 Cals)
Hand breaded, seasoned chicken tenders with sriracha mayo.

LUNCH SANDWICHES

Served with Mediterranean Side Salad (G) or your choice: Caesar Salad (- 60 Cals), Fries (G) (+ 120 Cals) or Housemade Tuscan Soup (- 40 Cals). Substitutions: Sweet Potato Fries, Onion Rings (- 20 Cals), or French Onion Soup (+ 200 Cals) add 1.50 each. Substitute classic poutine for french fries add 3.00 (240 Cals)

California Chicken Sandwich on a gourmet bun
Grilled chicken breast layered with sriracha mayo, guacamole, black beans, cheddar, bacon, lettuce, tomato, red onion and pickles. 18.45 (860 Cals)

Chicken Bacon Club on a home style ciabatta bun
Delicious grilled chicken breast, crispy bacon, lettuce & tomato. 17.95 (450 Cals)

Chicken Parmesan Sandwich on a gourmet bun
Tender chicken breast rolled in our housemade breading, lightly fried & tossed in marinara sauce; topped with sautéed mushrooms, roasted red peppers and mozzarella. 18.45 (800 Cals)

BURGERS

Symposium Burger
Our classic Symposium 8 oz Burger. 15.95 (480 Cals)

Served on a toasted Bun and topped with lettuce, tomato, pickle and onions. Includes Mediterranean Salad (G)

Beyond Meat Burger
6 oz plant protein Vegetarian Burger. *no gluten 16.95 (380 Cals)

PICK YOUR CHEESE

Mozzarella (80 Cals)
Cheddar (110 Cals)
Swiss (110 Cals)
1.45 each

VEGGIES

Sautéed Onions (20 Cals)
Sautéed Mushrooms (20 Cals)
Roasted Zucchini (20 Cals)
Hot Peppers (20 Cals)
.95 each

A LITTLE EXTRA FLAVOUR

Extra Patty 6.25 (240 Cals)
Beyond Meat Patty 6.25 (120 Cals)
Peameal Bacon 1.75 (40 Cals)
Bacon 1.45 (180 Cals)
Ham 1.45 (140 Cals)

TOP IT OFF 1.25 each

Jack Daniel's Sauce (60 Cals)
Guacamole (90 Cals)
3 Onion Rings (60 Cals)
Housemade Coleslaw (60 Cals)
Portobello Mushrooms (30 Cals)
Housemade Bruschetta Mix (70 Cals)

*gluten free bun available on request
Includes: Mediterranean Salad (G) OR your choice of: Caesar Salad (- 60 Cals), Fries (G) (+ 180 Cals) or Housemade Tuscan Soup (- 40 Cals). Substitute classic poutine for french fries add 3.00 (240 Cals)

Cafe Mocha 5.45 (240 Cals)
Cafe Latte 4.75 (100 Cals)
Cappuccino 4.75 (45 Cals)
Chai Latte 4.75 (150 Cals)
Vanilla Chai Latte 5.45 (220 Cals)
Double Macchiato 4.75 (15 Cals)
Hot Chocolate 4.25 (200 Cals)



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BRUNCH SPECIALS
Daily 9am - 3pm

MIMOSA (4 OZ) or CAESAR (1.5 OZ)



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