

SPRING 2011 BRUNCH MENU

NOW OPEN AT 10AM SATURDAYS & SUNDAYS

BRUNCH PLATES

Monk's Classic Breakfast 14.00

two free range sunny side eggs, smoked sausage, bacon, hash browns, fresh fruit & croissant

Corned Beef Hash & Poached Eggs 16.00

tomatoes, red peppers, onion, button mushrooms, smoked cheddar cheese red nugget potatoes, hollandaise & fresh fruit

Smoked Salmon Scramble 16.00

wild alderwood smoked salmon scramble, cream cheese, croissant, hash browns & fresh fruit

Vegetable Eggs Benedict 13.00

two free range poached eggs, grilled portabello mushrooms & spinach, hollandaise, hash browns and fresh fruit

Eggs Benedict 13.00

canadian bacon, toasted english muffin, poached eggs with hollandaise, hash browns & fresh fruit

Blueberry Pancake Stack 12.00

three blueberry pancakes, canadian maple syrup and fresh fruit

Chocolate Chip Belgian Waffle 10.00

freshly baked waffle, fresh strawberries, whipped cream, canadian maple syrup

**Jamaican Appleton Rum Dipped
Banana French Toast** 12.00

caramelized banana, plantain chips & fresh fruit

**Heirloom Tomato & Chorizo
Breakfast Burrito** 16.00

scrambled eggs, spicy chorizo & jack cheese

BRUNCH SIDES - \$4

Fresh Fruit Cup

Freshly Baked Croissant

Side Smoked Bacon

Side Smoked Breakfast Sausage

Fat Free Yogurt

Brown Toast, Butter & Preserves

SALADS & CHOWDER

Seafood Corn Chowder 8.00
baby corn, cream, clams & fresh fish

Roasted Chicken & Spinach Cobb Salad 14.00
baby spinach, roasted chicken, bacon, egg, avocado, crumbled blue cheese & a spicy sweet mustard dressing

Monks Caesar Salad 11.00
creamy anchovy emulsion, brioche croutons, crispy capers & grated parmesan

add chicken or baby shrimp 5.00
add salmon 7.00

CASUAL LUNCH PLATES

Monks Prime Rib Burger 17.50
8 oz house recipe prime rib & mild Italian sausage patty, cheddar cheese, bacon, sautéed mushrooms, red relish & roasted garlic mayo, Yukon gold fries

Monks Fish & Chips
Irish ale battered, served with cabbage coleslaw
2-piece Halibut 21.00
2-piece Pacific Cod 16.00

Crab & Shrimp Cakes 16.00
dungeness crab & hand peeled baby shrimp cake, spinach & artichoke dip with micro green salad

Flash Fried Calamari 14.00
seasoned japanese panko, red onion, cilantro & tzatziki

Fish Tacos 16.00
salmon, halibut & scallops, crispy iceberg lettuce, tomato corn salsa, avocado, lime crème fraiche & tomatillo jalapeno hot sauce

1LB Clams or Mussels 18.00
chorizo sausage, fennel, chili flakes, garlic and saffron white wine

Starting Monday April 25th, 2011
Monks is open for **Lunch Monday - Friday**
From 11:30AM - Patio seating available