

# THE FRÖB

## KITCHEN & EATERY

### BREAKFAST MENU

#### BAFFIN ISLAND TRADITIONAL BREAKFAST

2 eggs done to your liking, choice of bacon, sausage, or ham, fresh fruit salad, Texas toast with preserves, and house made home fries. \$16

#### EGGS FROBISHER

Two eggs poached to your liking and placed on top of ham and a toasted English muffin. Topped with a rich Hollandaise sauce and served with our house made home fries and fresh fruit salad. \$21

#### ARCTIC BENEDICT

Two eggs poached to your liking and placed on top of apple wood smoked char and a toasted English muffin. Topped with a rich Hollandaise sauce and served with our house made home fries and fresh fruit salad. \$23

#### LIGHT SIDE

An assortment of seasonal fresh fruit with flavoured yogurt and muesli cereal, and served with white or brown Texas toast and preserves. \$15

#### CINNAMON-RAISIN FRENCH TOAST

Three slices of Cinnamon-Raisin Loaf dipped in vanilla flavored egg and grilled until golden, served with fresh fruit salad, and Quebec maple syrup \$17

#### BLUEBERRY PANCAKES

Three house made buttermilk pancakes, studded with fresh blueberries & served with your choice of bacon, sausage, or ham, fresh fruit salad, toast with preserves, and maple syrup on the side. \$18

#### SMOKED CHAR BAGEL

A crisp 5 grain bagel layered with apple wood smoked char, dill creamed cheese, red onion, lettuce, cucumber, and tomato and served with fresh fruit salad. \$20

#### BREAKFAST BAGEL

A Whole Wheat Bagel Toasted and topped with a fried egg, choice of ham or bacon, Monterey jack cheese, lettuce, and tomato. Served with house made home fries, and fresh fruit salad. \$16

#### BUILD YOUR OWN OMELETTE

Three eggs folded over your choice of ingredients and finished with your choice of cheese. Served with bacon, sausage, or ham, house made home fries, fresh fruit salad, and your choice of Texas toast with preserves. \$18

Ingredients to choose from:

Onions, peppers, mushrooms, tomatoes, scallions, goat cheese, cheddar, swiss.

#### KIVALLIQ BREAKFAST WRAP

A whole wheat flour tortilla stuffed with scrambled egg, cheddar cheese, ham, bacon, sausage, mushrooms, and peppers. Served with your choice of fresh fruit salad or house made home fries, and Texas toast and preserves. \$16

#### HEARTY OATMEAL AND BERRIES

Steaming oatmeal served with fresh berries from the land. Served with Quebec maple syrup and Texas toast with your choice of preserves. \$11

#### YOGURT AND MUESLI PARFAIT

Fresh yogurt layered with European muesli and berries in a parfait glass. \$12

#### BREAKFAST SMOOTHIE

Fruit juice, low fat yogurt, fresh berries and banana. \$14

#### SIDE ORDERS

Bacon	\$4.25	Mushrooms	\$3.25	Toast and preserves	\$3.25
Ham	\$4.25	Tomato	\$4.25	Muffin	\$4.00
Sausage	\$4.25	Fruit salad	\$5.25	English muffin	\$3.20
Extra egg	\$4.00	Fruit flavoured yogurt	\$4.25	Toasted bagel and preserves	\$5.25

#### BEVERAGES

Coffee	\$3.50	Fruit juice	Small \$4.00	Large \$5.25
Tea	\$3.50	Milk	Small \$3.00	Large \$4.00
Hot chocolate	\$4.00	Pop	\$1.25	