



FIRE & WATER

FISH AND CHOP HOUSE

BREAKFAST CLASSICS

Fire & Water Breakfast Buffet **19**
build your own waffle, omelettes and eggs made to order

maple pork sausage, bacon, Yukon gold potatoes
includes all selections on the Continental Breakfast Buffet

Fire & Water Continental Breakfast Buffet **15**
selection of seasonal fruit, house baked muffins, croissants, danishes
assorted cereals, hot oatmeal, fruit juices, Starbucks® brewed coffee, Tazo tea

All Canadian Breakfast **17**
choice of bacon, chicken apple sausage, or maple pork sausage
two eggs any style, Yukon gold potatoes, grilled field tomato, choice of toast
Starbucks® brewed coffee or Tazo tea

THREE EGG OMELETTES

Double Smoked Bacon, Grilled Mushrooms and Cheddar **16**
Yukon gold potatoes, grilled field tomato, choice of toast

Create Your Own Omelette **16**
choose any three fillings
ham, shrimp, tomato, mixed bell peppers, spinach, cheddar cheese, goat cheese
Yukon gold potatoes, grilled field tomato, choice of toast

Chef's Daily Omelette Feature **17**
Yukon gold potatoes, grilled field tomato, choice of toast

SIGNATURE ITEMS

Traditional Eggs Benedict **18**
two poached eggs, back bacon, English muffin, lemon hollandaise
Yukon gold potatoes, grilled field tomato

Smoked Wild Sockeye Salmon Benedict **19**
two poached eggs, smoked salmon, English muffin, lemon hollandaise
Yukon gold potatoes, grilled field tomato

Fire & Water's Signature Eggs Benedict **19**
two poached eggs, topped with chicken confit, white truffle hollandaise
Yukon gold potatoes, grilled field tomato



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SIGNATURE ITEMS

Black Forest Ham Hash	17
two poached eggs, black forest ham, shredded potatoes roasted red pepper hollandaise, choice of toast	
Fire & Water Pancakes	15
stack of buttermilk pancakes, topped with blueberries or caramelized bananas maple syrup, whipping cream	
Cinnamon Swirl French Toast	15
topped with strawberries and caramelized bananas cinnamon whipped cream, maple syrup	

"FIT FOR YOU" SIGNATURE ITEMS

 Egg White Vegetable Frittata <low cholesterol >	15
grilled red pepper, onions, zucchini, parmesan cheese, choice of toast	
 House Made Granola Parfait <low fat >	12
house made granola, fat free French vanilla yogurt, seasonal fruit coulis	
 Crunchy Grilled French Toast <low fat >	11
multigrain bread dipped in egg whites, crushed Corn Flakes® sliced bananas, strawberries, calorie reduced syrup	

On the Side

choice of bacon, maple pork sausage, chicken apple sausage	5
one egg any style	3
two eggs any style	5
side of toast	4
side of two pastries (muffin, croissant, or strudel)	5
bagel with cream cheese	5
 fresh fruit bowl and French vanilla yogurt	9
cold cereal – ask your server for selections	5
oatmeal with apples and raisins	6

Beverages

Starbucks® brewed coffee 2.75 ★ Tazo tea 2.75 ★ milk 2.50 ★ juice 4 ★ fresh fruit smoothie 8
single espresso 4 ★ double espresso 5 ★ cappuccino 5 ★ latte 5 ★ flavour your coffee 0.50

Executive Chef

Dave Roger C.C.C.

Sous Chef

Kyle Campbell

15% gratuity will be added to tables of 8 or more.



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Fit for You items have been selected to meet the diverse dietary needs of our guests.
Your server will be happy to answer any questions you may have.