

## BREAKFAST & CO


### Lay Some on Us

served with toast, roasted tomato garnish and BOOM frites [may be substituted for fresh tomato, green salad or fresh fruit garnish]

**BOOM POWER BREAKFAST 7.29**  
two eggs any style, with your choice of ham or strip bacon or Canadian sausage


**EGG BREAKFAST 6.59**  
two eggs any style with all the fixin's

**BEST PEAMEAL 'N EGGS 8.49**  
two eggs any style with peameal bacon

 **SUPER LITE BREAKFAST 6.79**  
single egg any style with fresh fruit, tomato, cucumber and Feta cheese garnish

(the above include complimentary coffee/tea Mon-Fri, 6:00 am - 4:00 pm, except on holidays)


### Breakfast at Tiffany's

 **SMART FRUIT 'N YOGURT 8.79**  
fresh fruit, granola, no-fat plain yogurt and honey with multigrain toast

**MANHATTAN STEAK 12.89**  
6 oz. Strip Loin steak and eggs, BOOM frites, toast and fresh fruit garnish

**THREESOME 9.69**  
two eggs, pancake, your choice of strip bacon, ham or Canadian sausage, with toast and fresh fruit garnish

**HUEVOS FROM THE RANCH 10.49**  
scrambled eggs with onion and tomato, garnished with salsa, refried beans, sour cream and guacamole, wrapped in tortilla and served with BOOM frites

 **CALIFORNIA SPA-MELETTE 9.49**  
egg white omelette with mushrooms, tomato, fresh baby spinach, garnished with fresh fruit, guacamole, salsa and toast

**BAGEL RANCHERO 9.89**  
two eggs over hard with guacamole and tomato served on a bagel with refried beans and BOOM frites

**KISSADILLAS 8.29**  
two eggs scrambled with chorizo, onions and Cheddar cheese wrapped in a tortilla and garnished with salsa, refried beans, sour cream and BOOM frites

**EGGS TUSCANY 9.49**  
two extra-large poached eggs on dark rye and roasted tomato, served with BOOM frites and fresh fruit garnish


 INDICATES A "FRESH START" BREAKFAST

### Farm Fresh Omelettes


served with BOOM frites, choice of toast, and fresh fruit garnish

**ACAPULCO GOLD 8.99**  
chorizo, bell peppers, green onions

**SMOKIN' SALMON 9.89**  
green onions folded with Nanuk smoked salmon and cream cheese

 **CAPRESE 8.99**  
Bocconcini cheese, tomato, basil pesto

**FARMER GIANNI 8.99**  
fresh baby spinach, roasted red pepper and caramelized onions with Swiss cheese

 **OH-PRAH 8.99**  
Feta cheese, fresh baby spinach, green onions

**BOOM VIP OMELETTE 8.99**  
choose two Feta, Swiss or Cheddar cheese, mushrooms, tomato, bell peppers, onions, ham, strip bacon, Canadian sausage

egg whites or additional toppings add 1.49

### Benny Sent Me

two extra-large poached eggs served on a toasted English muffin, with hollandaise sauce, BOOM frites, and fresh fruit garnish

**TRADITIONAL 10.29**  
thick-cut breakfast ham

**EGGS FLORENTINE 9.79**  
an abundance of fresh baby spinach

**OH CANADA 10.49**  
"Best" peameal bacon

**BENNY BOOM 10.99**  
Nanuk smoked salmon, fresh baby spinach

**CHICKEN BENTLEY 10.29**  
grilled chicken breast, fresh baby spinach

### Boom Kids

60 lbs and under!

**YOUR CHOICE 6.29**  
mini pancakes with fresh fruit  
french toast with fresh fruit  
egg breakfast with toast and BOOM frites  
grilled cheese with BOOM frites  
includes milk or juice

### Sweet Dreams


...are made of these!

**BUTTERMILK PANCAKES 7.29**  
add strip bacon, ham or Canadian sausage 1.99  
add peameal bacon or chorizo 2.99

**BOOM BLUEBERRY PANCAKES 8.49**

**CHOCOLATE BERRY PANCAKES 8.49**  
topped with fresh strawberries, banana and chocolate sauce

**CLASSIC FRENCH TOAST 7.49**

 **GRANOLA LITE FRENCH TOAST 8.79**  
egg-and-granola-dipped whole wheat bread served with fresh fruit garnish

**FRENCH "MEATS" TOAST 9.49**  
French toast with your choice of chorizo or peameal bacon

pure maple syrup (40 ml) add 2.99

### Colossal World Waffles

**MONTE CRISTO 8.99**  
scrambled eggs, fresh baby spinach, ham, real Swiss cheese and maple drizzle

**BOOM SCRAMBLE WAFFLE 8.99**  
scrambled eggs, tomato, bell peppers and mushrooms, drizzled with hollandaise sauce

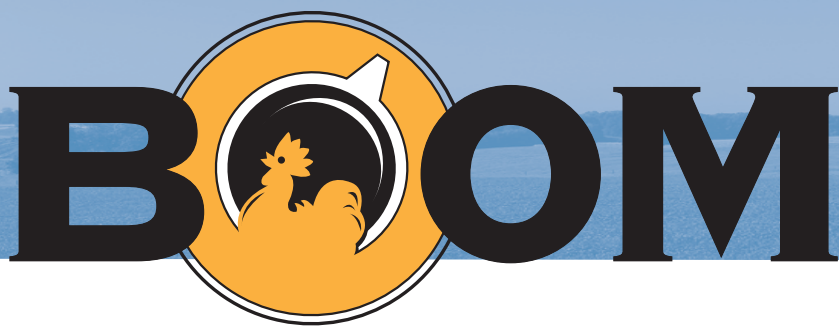
**CHORIZO WAFFLE 9.49**  
fluffy scrambled eggs, sizzling chorizo

**CHOCOLATE MONKEY 'N BERRIES 8.99**  
mountain of sliced banana, fresh strawberries, icing sugar and chocolate sauce



#### BEGIN YOUR DAY OFF RIGHT WITH A "FRESH START" BREAKFAST.

Eating breakfast is crucial for kick-starting your metabolism, preventing feelings of hunger throughout the day and warding off night-time cravings! When you eat breakfast, you will tend to eat fewer calories throughout the day, and will notice increased energy and better concentration. Julie Mancuso, RHN (Registered Holistic Nutritionist) [www.julienutrition.com](http://www.julienutrition.com)



## BREAKFAST & CO

### I'd Love a Good Sandwich


our sandwiches are toasted and served with fresh daily garnish


WESTERN COLLEGE SANDWICH 7.99  
omelette style eggs with ham, onions, bell peppers and fresh fruit

BOOM BREAKFAST PANINO 8.29  
omelette style eggs with mushrooms, Swiss cheese, roasted tomato and fresh fruit

BOOM P-BLT 7.89  
peameal bacon, strip bacon, lettuce and fresh tomato

FOREST HILL BAGEL 9.59  
Nanuk smoked salmon, cream cheese and red onions, drizzled with pesto

 CAPRESE LITE 7.49  
Bocconcini cheese, tomato, pesto, fine lettuce

 NICE WHITE TUNA 8.99  
Albacore white tuna, hard boiled egg and guacamole dressed with lettuce and olives

CHORIZO LISBOA 8.29  
chorizo, roasted red pepper and caramelized onions

JUICY LUCY CHICKEN 8.99  
grilled chicken breast, peameal bacon, guacamole, lettuce

sweet potato fries or BOOM frites add 2.49

### Boom Burgers

100% pure beef, served with sweet potato fries and fresh daily garnish

CLASSIC BURGER 8.29  
lettuce, tomato, onion  
strip bacon, cheese, peameal bacon, chorizo, or egg add 1.19 each

MEDITERRANEAN 8.99  
roasted red pepper, caramelized onions, Feta cheese

V-EGG-Y STYLE BURGER 8.29  
made to order egg patty with sweet potato, asparagus and Parmesan cheese, garnished with caramelized onions and roasted red pepper, served on an English muffin

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### Too Perfect Pastas

POLLO, POLLO 9.49  
chicken, asparagus, tomato and Bocconcini cheese in a rosé sauce

CHORIZO WITH LOVE 9.89  
chorizo, roasted red pepper, caramelized onions and fresh baby spinach, tossed with tomato sauce


NONNA'S BACKYARD 8.99  
asparagus, roasted red pepper, caramelized onions, fresh baby spinach, Feta cheese and pesto


### Think Fit Soups & Salads

DAILY SOUP 5.99  
served with your choice of toast

EGG, BACON 'N SPINACH 8.49  
mushrooms, hard-boiled egg, strip bacon, Feta cheese, red onions and bell peppers in a balsamic dressing

MANHATTAN STEAK 'N SALAD 11.99  
6 oz. strip loin steak, roasted red pepper, caramelized onions, cucumber, tomato and fine lettuce in a balsamic dressing

 BOOM NIÇOISE SALAD 9.49  
Albacore white tuna, asparagus, olives, sweet potato and hard-boiled egg in a balsamic dressing

 IT'S ALL GREEK TO ME 8.29  
fine lettuce, cucumber, onion, tomato, bell peppers, olives and Feta cheese in a balsamic dressing  
add chicken breast to any salad 3.99

### Espresso Bar

cappuccino 3.69  
boom latte 3.89  
americano 3.49  
espresso 2.29  
doppio espresso 3.49  
whipped hot chocolate 2.99/3.69  
iced cappuccino 4.49  
breakfast blend coffee 2.29  
tea selection from our tea box 2.49

### Smoothies

juices and more

GOOD MORNING 4.89  
blueberries, mango, banana, orange juice, honey

PINA COLADA LITE 4.89  
fresh pineapple, pineapple juice, skim milk, no-fat plain yogurt, honey

STRAW-NANA SOY 4.99  
strawberries, banana, soy milk, no-fat plain yogurt

TROPICAL TWISTER 4.89  
mango, banana, cranberry, pineapple juice

BANANGO SOY 4.99  
fresh banana, mango, soy milk

SO BERRY SOY 4.99  
strawberries, banana, soy milk, honey

HONEY BEE 4.89  
no-fat yogurt, blueberries, banana, honey

### Boom Booze

WHITE/RED WINE  
5-ounce glass 5.99 / bottle 24.99

BEER AND MIXED DRINKS  
Stella Artois (bottle) 5.99  
Steam Whistle (bottle) 4.99  
bloody caesar (Clamato juice, vodka) 5.99  
morning glory (orange juice, champagne) 5.99  
hard liquor and liqueurs 5.99

### Beverages

fresh squeezed juices 4.79  
other juices 3.69  
sparkling water 3.29  
milk/chocolate milk 2.69  
Coca Cola (bottle) 2.79  
soft drinks 2.79

#### EGG-STRA, EGG-STRA

- Please inform your server if you have any special dietary requirements or food allergies.
- BOOM Power Breakfast Meetings are welcome.
- A 15% gratuity will be added to parties of six or more people.
- Enjoy a bottomless cup of coffee and an extra slice of toast with all breakfasts.