



SMOOTHIES AND BOWLS

SMOOTHIES | \$13

PROTEIN BLAST: almond milk, strawberries, raspberries, blueberries, bananas, yogurt, Kittleson’s honey, avocado, chia seeds, hemp hearts.

ENERGY BOOST: baby spinach, banana, pineapple, lime juice, almond milk, coconut milk, gingerroot, chia seeds, hemp hearts. (DF)

TROPICAL WAVE: Mango, Pineapple, Banana, Yogurt, Orange juice.

SMOOTHIE BOWL | \$17

Turn any smoothie into a bowl with house-made granola, sliced fruit, and nuts.

LIGHT BREAKFAST

BLUEBERRY YOGURT PARFAIT | \$14

Oxford blueberries, Kittleson’s honey, house-made granola.

AVOCADO TOAST (VG, V) | \$21

Frankie’s Sourdough, hummus, tomato, fresh basil, EVOO.
Add two poached eggs \$5.
Add Atlantic smoked salmon \$8.

LOX BAGEL | \$22

Annapolis Valley fresh cheese, Atlantic smoked salmon, capers, FH grown micro greens, everything bagel.

FRUIT PLATE (GF, VG, V) | \$18

Fresh sliced fruit, vanilla yogurt

SPECIALTY BREAKFAST

BREAKFAST POUTINE | \$18

Fresh herb hashbrowns, one-egg your style, artisan cheese curds, breakfast sausage, bell peppers, onions, hollandaise sauce.

FRANKIE’S SOURDOUGH FRENCH TOAST | \$18

Oxford wild blueberry compote, Tatamagouche maple syrup. Choice of country sliced ham, fresh herb and maple sausage or bacon

SPECIALTY BREAKFAST (cont.)

FISH CAKES & BEANS | \$24

Two Atlantic haddock fishcakes, house-made maple baked beans, green tomato chow, roasted vegetables, tartar sauce.

APPLE CRUMBLE WAFFLES | \$24

2 Belgian waffles, stewed apples, crumble topping, drizzled with caramel

CLASSIC BREAKFASTS

BREAKFAST SAMMY | \$17

English muffin or croissant, egg, tomato, aged cheddar, Tatamagouche maple aioli, hashbrowns. Choice of: applewood smoked bacon, or fresh herb and maple sausage.

FOX HARB’R BREAKFAST | \$26

Two eggs any style, choice of bacon, ham or sausage, hashbrowns, toast.

STEAK & EGGS | \$32

5oz triple-A flat iron, two eggs, maple baked beans, hashbrowns, toast.

EGG DISHES

CAST IRON CRAB FRITTATA | \$28

Two eggs, Cape Breton snow crab, cherry tomatoes, asparagus, goat cheese, baby arugula, grilled sourdough.

ROASTED VEGETABLE OMELETTE | \$20

Three free range eggs, seasonal local and greenhouse vegetables, aged cheddar cheese

FIESTA OMELETTE | \$21

Three free range eggs, diced tomatoes, jalapeno & red onion, black beans, cheddar, finished with picante sauce & lime crema with FH grown cilantro

EGGS BENEDICT

Free-range eggs, classic hollandaise, herb hashbrowns.

Atlantic Smoked Salmon \$28

Spinach and Mushroom Florentine \$20

Country Ham \$23

ADDITIONS

Toast with house-made jams \$3

Multigrain, French White, Sourdough, or Gluten-Free.

Farm Fresh Egg \$3

Applewood Smoked Bacon (3 slices) \$6

Maple Sausages (2) \$6

Country-Style Ham (2 slices) \$6

Hashbrowns \$4

Smoked Salmon \$8

Maple Baked Beans \$5

Hollandaise Sauce \$3

Belgian Waffle \$5

Side Fruit \$8

BEVERAGES

COFFEE

Brewed Coffee \$4
Espresso \$4
Americano \$4
Hot Chocolate \$5

MILK BASED

Cafe Latte \$5.5
Cappuccino \$5
Caramel \$6
Vanilla \$6
Oat, almond, or soy milk +\$1

TEA

Selection of Sloan Teas \$4.5

SPECIALTY

COFFEE & TEA | \$12

Bailey’s and Coffee

Monte Cristo; Kahlua,

Grand Marnier

Spanish Coffee; Kahlua,

Brandy

Nutty Irish Coffee;

Frangelico, Bailey’s

Blueberry Tea; Amaretto,

Grand Marnier, Orange

Pekoe tea

COCKTAILS

Shaft | \$12

Vodka, Bailey’s, Kahlua, chilled coffee

Fox Harb’r Caesar | \$12

Rosemary vodka, gochujang, clamato, spicy bean, lemon

SPARKLING

Fox Harbr Cuvee Brut | \$14