



# ALL-DAY BREAKFAST



BUILD YOUR OWN BREAKFAST

**THE BASIC**.....8.5  
 2 local farm fresh eggs (any style), pesto hash browns, & hot buttered sourdough or multi-grain toast

substitute gluten-free toast.....1

local farm fresh eggs any style.....**2/each**

pesto hash browns.....**3.5**

sourdough, multigrain toast, or biscuit.**2.5**

house bacon.....**3**

lean european back bacon.....**3.5**

maple sausages.....**3.5**

daily gourmet sausages.....**3.5**

roasted free-range chicken.....**5**

warm banana bread / with fruit.....**5/7**

vegan tofu scramble.....**4**

fresh fruit.....**3.5**

gluten-free toast.....**3.5**

artisan mix green side salad.....**3.5**

house-made mushroom sausage.....**3.5**

avocado.....**2.5**

roasted mushrooms.....**2.5**

fresh or grilled tomato.....**2.5**

hollandaise or béchamel sauce.....**2**

the works (maple sausage, bacon, grilled tomato).....**6**

veggie works (mushroom sausage, avocado, fresh tomato).....**6**

gruyere potato gratin or red pepper polenta.....**4**

spelt banana pancakes .....**4/each**

house special beans.....**3**

fresh salsa, or house-made aioli, or pure maple syrup, or sour cream, or almond mayo...**1.5**

wild smoked salmon.....**4**

house made crispy corn tortillas.....**2/each**

SWEETS

served with fresh fruit

**HOUSE FEATURE OATMEAL**.....**small 8.5 / large 11**  
 ask your server / served with milk, soy milk or almond milk

**HOUSE MADE VANILLA GRANOLA**.....**small 8.5 / large 11**  
 served with milk, soy milk or almond milk add yogurt **2**

**LIFE OF RHEIELY GRIDDLE CAKES**.....**12**  
 3 large spelt flour banana pancakes, served with whipped cream and pure maple syrup

SCRAMBLES

served with hot-buttered toast and pesto hash browns or fresh fruit or salad

**TOMATO & BASIL SCRAMBLE**.....**12**  
 three local farm fresh eggs scrambled with cream cheese, fresh tomato and fresh basil

**CURRY TOFU SCRAMBLE**.....**13**  
 house-made mild curry spice with sautéed organic green cuisine tofu, julienne peppers and onion, spinach and fresh-diced tomato

**MUSHROOM & BACK BACON SCRAMBLE**.....**13**  
 three local farm fresh eggs scrambled with cream cheese, thyme-roasted mushrooms with diced back bacon

**WILD SMOKED SALMON SCRAMBLE**.....**14**  
 three local farm fresh eggs scrambled with cream cheese and green onion, topped with wild local smoked salmon and a house-made lemon-lime crème fraiche

GLUTEN-FREE

served with green salad, or pesto hash browns, or fresh fruit (2 half sides...**2**)

**HUEVOS RANCHEROS**.....**half 11 / full 14**  
 two eggs any style, house special black & pinto beans and feta cheese, set atop two house-made crispy corn tortillas, fresh lime, avocado and cilantro, served with house-made salsa (**can be made vegan**)

**POACHED EGGS WITH TINGA**.....**14**  
 shredded free-range chicken in a simple tomato sauce flavoured with chipotle peppers on two crispy corn tortillas, two local farm fresh poached eggs, topped with lime crème fraiche and cilantro

**RED PEPPER POLENTA WITH EGGS & FRUIT SALSA**.....**14**  
 two local farm fresh eggs, any style, over fried polenta cakes with havarti cheese, roasted red pepper, house-made spicy fruit salsa and cilantro garnish

MOLE CLASSICS

served with green salad, or pesto hash browns, or fresh fruit (2 half sides...**2**)

**MO'S BISCUIT**.....**13.5**  
 cream cheese scrambled eggs, house bacon, fresh basil, roasted red pepper, havarti cheese and house aioli on a buttermilk biscuit

**CHINATOWN CIABATTA**.....**13.5**  
 sweet chinese sausage, julienne onions and red peppers, avocado, spicy chili bean sauce with cream cheese scrambled eggs on a ciabatta bun with house aioli

POTATOES

**JOE'S POTATO GRATIN WITH EGGS**.....**14.5**  
 thin-sliced b.c. russet potatoes, onion and garlic with gruyère swiss cheese and cream baked to perfection, topped with two local farm fresh eggs and our creamy lemongrass bechamel, served with fresh fruit or salad (gluten free with no bechamel)

**TOMATO CHIPOTLE SAUSAGE HASH**.....**14.5**  
 your choice of gourmet sausage with mushrooms, onions and hash browns tossed in our tomato chipotle sauce and finished with spinach and feta, topped with two local farm fresh eggs cooked any style, served with hot-buttered toast

please tell us about allergies or dietary restrictions, we want to take care of you!

BENNIES

two poached local farm fresh eggs on a house-made buttermilk biscuit topped with a traditional hollandaise or lemongrass béchamel sauce, served with pesto hash browns or fresh fruit or green salad

**CLASSIC.....half 10.5 / full 13**  
lean european back bacon

**MO:LÉ BENNY.....half 10.5 / full 13**  
avocado and grilled tomato

**SMOKED FISH.....half 13 / full 16**  
cold smoked albacore tuna or wild smoked salmon with spinach, onions and peppers

**ROASTED VEGGIE.....half 12 / full 15**  
maple syrup and balsamic roasted zucchini, red pepper, onion & eggplant w/ goatcheese

OMELETTES

three local farm fresh egg omelettes served with hot-buttered toast and pesto hash browns or fresh fruit or green salad (2 half sides...2)

**THE YAM OMELETTE.....14**  
roasted yams, onions, red peppers, fresh basil and goat cheese

**THE SMOKED SALMON OMELETTE.....14**  
smoked salmon, spinach, red onion and cream cheese

**THE CREAMY SAUSAGE OMELETTE.....14**  
sausage, sautéed red onions, mushrooms and spinach and béchamel



ALL-DAY LUNCH

SOUPS & SALADS

**DAILY SOUP...cup 4.5 / cup with toast 6 / bowl 6 / bowl with toast 7.5 / bowl with salad 11**  
ask your server

**RAW VEGAN CAESAR SALAD.....half 10 / full 15**  
romaine lettuce tossed in a creamy garlic and almond dressing with red onion and avocado, served with dehydrated cashew parmesan

**COLD SMOKED TUNA SALAD.....15**  
lightly pan-seared smoked albacore tuna with julienne red pepper, apple, local pea shoots, daikon and fresh cilantro on an artisan mix green salad with an asian-inspired dressing and black sesame seeds

**PRO VITA MEAL.....half 11 / full 14**  
artisan green salad with lemon tahini dressing, organic alfalfa sprouts, and cottage cheese, served with an organic tofu stir fry, sautéed in a spicy chili bean sauce, basil and garlic with spinach, onions, peppers and fresh tomato

**MO:LÉ FREE RANGE CHICKEN TACO SALAD.....half 13 / full 16**  
roasted local free range chicken sautéed with spiced julienne peppers & onions, two house-made corn tortillas, house-made black & pinto beans, artisan mix greens, local pea shoots, shredded carrots, house-made salsa, avocado and feta

MO:LÉ CLASSICS

**JO'S YAM WRAP.....13.5**  
roasted yams, herb goat cheese, avocado, fresh basil, organic alfalfa sprouts, grated carrot, drizzled in lemon tahini dressing and wrapped in a whole wheat tortilla, served with green salad, pesto potatoes or soup

**COCONUT CURRY.....13.5**  
roasted yams, mushrooms, red pepper and garlic sautéed with house curry spice and coconut milk then tossed with rice noodles, spinach, cashew nuts and cilantro  
.....add free-range roasted chicken 5

**MO:LÉ MACARONI AND CHEESE.....13.5**  
bacon, tomato, spinach and garlic sautéed in a white wine cheese sauce on macaroni, topped with havarti cheese

BURGERS & SANDWICHES

served with green salad, or pesto hash browns, or soup

**B.B.L.T. SANDWICH.....13.5**  
lean european back bacon, french brie cheese, sliced tomato and greens with house aioli on sourdough

**MAPLE BALSAMIC GRILLED VEGGIE SANDWICH.....13.5**  
pure maple syrup and balsamic roasted zucchini, red peppers, onions and eggplant together with pesto and herbed goat cheese on multigrain and grilled to perfection

**FISH TACOS.....13.5**  
cajun spiced pacific cod, served on 2 house-made crispy corn tortillas, topped with red cabbage coleslaw, fresh fruit salsa and lime

**MACHO MAN ANDY SANDWICH.....15**  
spicy roasted free range chicken sautéed with peppers and onions covered with melted havarti and cilantro on whole wheat kaiser bun with aioli, greens and fresh tomato

**MO:LÉ MUSHROOM BURGER.....15**  
house-made mushroom and herb patty, brie cheese, roasted red pepper, tomato and greens on a toasted whole wheat kaiser bun with house aioli

**ORGANIC BEEF BURGER.....15**  
6 oz. organic beef patty topped with sautéed mushrooms and onions, fresh tomato, greens and aioli on toasted whole wheat kaiser bun.....add havarti and house bacon 3

(almost) everything can be made vegetarian, vegan or gluten-free - just ask!