

PLEASE TICK OFF YOUR PREFERENCES      Time preferred for breakfast? \_\_\_\_\_  
 Please bring this up to kitchen by 7pm night before.      Questions please text: 250-858-5036

<b>Milk</b>	<b>Coffee</b>	<b>Juice &amp; Tea</b>	<b>Ice Water</b>
Cow Skim	Regular	Orange	Yes
Cow 1%	Decaf	Cranberry	Lemon wedges
Cow 2%	Weak	Tea	
Almond	Medium		
Coconut	Strong		
Hot Chocolate	Dark Roast		

**Other Choices**

Yogurt cup

Circle choice & how many: Hardboiled eggs \_\_\_\_\_ Fried(over easy, sunnyside up)\_\_\_\_\_ Scrambled \_\_\_\_\_

Poached eggs - how many minutes or soft / medium / hard \_\_\_\_\_ How many eggs \_\_\_\_\_

Bowl of mixed or sliced fruit (berries, bananas and other seasonal fruit)

Smoothie - Vega One almond/coconut protein powder, blueberries, flax seeds, almond milk, coconut water - kale when I have it.      Cost per smoothie - \$5.00

<b>Bread</b>	<b>Extras for filling bread</b>	<b>Cereal</b>
Wholewheat, multi grain pumpnickel,rye bread	Black forest ham	Oatmeal
White bread	Sliced Cheese	Granola
Croissant		Kashi
Muffin		Multi-grain Cheerios
Sweet like cinnamon roll		Corn Flakes
Gluten free white bread		Sweet Cereal like Fruit Loops (what would you like?)_____
Donuts		Other choice _____
Bagels		

**Spreads & Condiments**

Margarine	Hot & Dijon mustard	Strawberry jam	Honey
Butter	Mayo	Raspberry jam	Peanut Butter
Yellow mustard	Ketchup	Marmalade	Cream Cheese

We also have sugar free raspberry jam

**Food Allergies or choices for breakfast we haven't mentioned?**