

# AURA

breakfast 7:00am to 10:30am

## Aura Breakfast 17

Two eggs any style, hashbrowns with caramelized onion & chives, roasted Sun Wing Farms tomatoes, sausage, bacon, ham & toast

## The Point Breakfast 16

Two eggs any style, hashbrowns with caramelized onion & chives, roasted Sun Wing Farms tomatoes, choice of bacon, ham, sausage and toast

## Aura's Eggs Benedict 16

Served with hashbrowns with caramelized onion & chives, grapefruit, honeydew and mint salad

- **Traditional Benny** Toasted English muffin, back bacon, hollandaise sauce



- **Dungeness & Snow Crab Benny** Arugula pesto, red onion, hollandaise sauce

- **Sun Wing Farm Tomato Benny** Spinach, feta cheese, hollandaise sauce



Ocean Wise Recommended by the Vancouver Aquarium as an ocean-friendly seafood choice

## Omelets 16

Served with hashbrowns, roasted tomatoes, caramelized onion & chives and your choice of toast. Please, no substitutions. Extras \$1.50

- **Wild B.C. Mushroom Omelet** Caramelized onion, baby spinach, brie cheese

- **Dungeness & Snow Crab Omelet** Sweet red onion & peppers, fresh tarragon, goat cheese

- **Double Smoked Bacon Omelet** Fried baby potato coins, spring onions, aged white cheddar

## Continental Breakfast 15

House-made croissant or pan chocolate, muffin & jam, fresh fruit & yogurt, granola or cereal

## Rancheros Open Faced Breakfast Sandwich 16

Two eggs, crisp pancetta, beefsteak tomato, avocado cilantro mayo on house-made rye bread, hashbrowns, honeydew and mint salad

All entrees served with Torrefazione Coffee or Mighty Leaf Bagged Teas

## Buttermilk Waffles 13

Caramelized apple with berry compote. Topped with a cinnamon crème fraiche

## French Toast 12

Thick sliced brioche caramelized apple with berry compote. Topped with toasted walnuts

## Fresh Fruits & Berries 12

Assorted melons, golden pineapple, berries & grapes with a vanilla sugar

## Steel Cut Oatmeal 9

Caramelized apple, toasted walnuts, maple sugar

AURA is proud to serve local free run eggs & support our local farmers where possible.

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## sides

Ham, bacon or artisanal sausage	5
Assorted dry cereals	4
Assorted house-made muffins & assorted pastries from our baker	3
Hashbrowns with caramelized onion & chives	3
Toast – White, Brown or Multigrain	3

## bean

<b>Torrefazione Coffee</b> Our house coffee	3
<b>Espresso Single</b> Add \$1 for extra shot	3
<b>Cappuccino/Latte Espresso</b> With satin foam + milk	4
<b>French Press</b> 3 cup french press with Torrefazione coffee	7

## juices

Orange, Grapefruit & Apple	3
Cranberry, Tomato & Pineapple	3
Fresh Squeezed Orange & Grapefruit	6

## mineral

<b>San Pellegrino</b> 250ml, 750ml Italian sparkling mineral water	4, 7
<b>10,000BC Glacial Water</b> 750ml The purest BC Coastal Mountains glacier-sourced bottle water	10

## leaf

<b>Mighty Leaf Premium Bag Teas</b> Organic Breakfast, Organic Earl Grey, African Nectar (Rooibos), Chamomile, Organic Mint, Tropical Green Tea	3
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<b>SILK ROAD Loose Leaf Teas</b> Locally blended premium teas. Also available in our gift shop.	4
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<b>Euphoria Herbal Tea</b> Laurel Point's exclusive tea blend to gently calm the soul and lift the spirit	
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<b>Angelwater – tea of serenity Herbal tea</b> A subtle, sweet & mellow cup of tea	
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<b>Seamist – mermaid's potion Herbal tea</b> Blend of crisp mint & sweet lemongrass, with a seaweed note	
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<b>Philosophers Brew – tea of enlightenment Herbal tea</b> A luscious, lemony cup of tea with a bright golden hue	
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<b>Silk Road Chai – warms body &amp; soul Black tea</b> Well balanced composition of aromatic spices & mellow black tea	
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<b>Peach Paradise – a perfect seduction Black tea</b> A delectable fruity, peach flavour creates a satisfying cup of tea	
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<b>Japanese Sour Cherry – cherry haiku Green tea</b> Delicate cherry & sencha with a beguiling, fruity aroma	
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