

# FOOD PHILOSOPHY

## **Eat GOOD at the Gladstone**

Good tasting, good suppliers, good for the environment, good for our local economy, good for the animals and good for your soul!

## **Meet Some of the People on Your Plate**

The Gladstone Hotel is a member of the Community Shared Agriculture (CSA) farm, 'Chick-A-Biddy', along with 100 Kilometer Foods who sources from many Local Food Plus (LFP) farms. LFP is committed to building and fostering local sustainable food systems by certifying farmers and processors and linking them with local purchasers like ourselves.

Worth mentioning are our good friends at H.O.P.E Organic Farms, Ying Yang Soy Foods, Honey Pie Hives and Herbals and Tealish tea blends. Please ask your server for more information on these local producers.

Our famous coffees are fair trade and used with organic milk.

The Gladstone takes the environment and the future of our planet very seriously. As a result, we do not have plastic bottles anywhere in the hotel, all of our take-out containers, napkins and bags are biodegradable and we both recycle and compost.

Behind the scenes we use non-toxic, biodegradable cleaners that are safer for you and our staff.

## **Check in. Don't Check Out.**

You don't need to check your values at the door because we share your values.

# BRUNCH

weekends 8am-4pm

**fruit salad** 6.95  
fresh, seasonal

**gladstone granola** 8.95  
fresh fruit, yogurt, milk and a drizzle of honey

**nitty gritty breakfast** 11.95  
two eggs any style, grilled peameal bacon, baked beans, home fries, and whole wheat toast

**tofu scramble** 11.95  
organic tofu sautéed with scallions and miso  
grilled portobello mushroom, baked beans, home fries, and whole wheat toast

**shakshuka** 11.95  
two eggs shirred in a spicy tomato sweet pepper sauce  
whole wheat toast & home fries

**huevos rancheros** 11.95  
two eggs over easy on a cheddar and goat cheese quesadilla with veggie chili and tomato salsa fresca

**eggs benedict** 12.95  
two poached eggs and grilled peameal bacon on a toasted English muffin topped with hollandaise sauce

**poached eggs & smoked trout** 14.95  
two poached eggs, smoked trout & arugula on a cracked black pepper scone with hollandaise

**breakfast sandwich** 9.95  
one egg over medium, grilled peameal bacon, cheddar, tomato and chipotle mayo on a toasted english muffin served with home fried potatoes

**cinnamon french toast & country sausage patties** 11.95  
maple syrup

**gladstone grilled cheese** 11.95  
cheddar, jarlsberg and thinly sliced apple on raisin-walnut bread served with salad or fries

**apple & bacon bread pudding** 11.95  
served with maple syrup & cream

**\*gluten free bread available**

## sides

- + bacon 3.95
- + peameal 3.95
- + baked beans 2.95
- + toast 2.00
- + chipotle mayo 2.00
- + herb aioli 2.00
- + veggie chili 2.95
- + grilled portobello mushroom 3.95
- + home fries 5.95
- + Ontario maple syrup 2.00

**\*gluten free bread available**

**17% gratuity will be added for parties of 6 or more  
substitutions are extra**

## pastries

- + please ask you server for today`s selection of fresh baked croissants and pastries
- + selection varies daily

DESSERTS ON REVERSE

# DESSERTS

7.95

**maple creme brulee** 7.95

crunchy 'burnt' sugar crust

**vegan chocolate avocado tart** 6.95

pecan cherry crust

**apple crisp** 7.95

walnut oat topping & vanilla ice cream

**warm flourless chocolate cake** 7.95

chocolate fudge sauce & vanilla ice cream

**cookies** 5.95

3 of today's fresh baked cookies