

# **Blue Fox Cafe**

## **Temporary Take-Out Menu**

### **Ten Bennies**

In addition to the ingredients listed below, all Eggs Benedict are served on a toasted Mount Royal bagel with two poached soft eggs, house-made hollandaise sauce and pan fries.

Substitute fresh cut fruit for the pan fries + 2

### **Classic Benny 16**

Locally smoked ham

### **Moroccan Chicken Benny 17** 🌶️

Moroccan spiced free run chicken breast, sautéed brown button mushrooms & onions, palm date apple chutney, Moroccan spiced holly

### **Eggs Delmonico 17**

Wild salmon fillet, arugula, fresh lemon, red onion, fried capers, lemon basil aioli

### **Eggs in Hell 17** 🌶️

Spicy pork chorizo, fresh avocado, grilled tomato, chipotle aioli

### **Eggs Pacifico 17** 🌶️

Wild smoked salmon, red onion, fresh avocado, chipotle aioli

### **Eggs Blackstone 17**

Smoked bacon, grilled tomato, fresh avocado

### **Angel Eggs 16**

Fresh Arugula, grilled tomato, feta, lemon basil aioli

### **Eggs Pico 16** 🌶️

Fresh avocado, house salsa, feta, chipotle aioli

### **Badger Benny 16**

Savoury pork sausage & grilled tomato

### **Roquette Chicken Benny 17**

Island raised free run chicken breast, sautéed brown button mushrooms,  
fresh arugula

## **Griddle Cakes & French Toast**

### **Double Stack Pancakes or French Toast 12**

Whipped butter, Saigon cinnamon, powdered sugar  
Add Belgian chocolate chips + 2

### **Apples Charlotte 15**

Double stack of pancakes or french toast, house stewed brown sugar  
Ambrosia apples, Saigon cinnamon, fresh whipped cream, fresh nutmeg,  
pure maple syrup

### **Ohana! Banana Cream 15**

Double stack of pancakes or french toast, caramelized brown sugar  
buttered bananas, sour cream, roasted walnuts, fresh nutmeg, Saigon  
cinnamon, pure maple syrup

### **Oranges del Sol 15**

Double stack pancakes or french toast, vanilla bean cream, fresh navel  
oranges, roasted walnuts, triple sec syrup

## **Classic Breakfast**

### **Fox's Grill 16**

3 large local farm fresh eggs, 3 slices smoked bacon, 2 savoury pork sausages, seasoned panfried potatoes, grilled tomatoes & brown button mushrooms, hot buttered toast & fresh fruit jam

### **Island Eggs 15**

2 large local farm fresh eggs any style, seasoned panfried potatoes, hot buttered toast, house-made fresh fruit jam, and your choice of pork sausage, bacon, house stewed beans, or avocado

Substitute fresh fruit for the pan fries + 2

Substitute gluten free toast + 1

### **Chorizo & Eggs 16** 🌶️

2 large eggs, spicy pork chorizo sausage, panfried potatoes, hot buttered toast, fresh fruit jam

### **Migas & Amigos 17** 🌶️

2 large eggs scrambled with smoked cheddar & corn tortillas, fresh avocado, house chopped salsa, spicy chorizo sausage, panfried potatoes, hot buttered toast, fresh fruit jam

Veggie Migas – No sausage, sub grilled banana 16

### **Huevos Rancheros 16** 🌶️

2 farm fresh over easy eggs, house stewed black beans, melted cheddar & jack, fried corn tortillas, fresh avocado, house salsa, sour cream, pan fries

Add spicy pork chorizo + 3

### **The Breakfast Club 15**

Bacon, tomato, fried eggs, smoked cheddar, arugula, mayo, pan fries

## **Omelettes**

Served with panfried potatoes, hot buttered toast & fresh fruit jam

### **Spanish Flying Omelette 17** 🌶️

Spicy pork chorizo, potato, onion, garlic, smoked white cheddar, sour cream, roasted jalapeno hot sauce

### **Salish Salmon Omelette 17**

Wild Pacific salmon fillet, tomato, arugula, spring onion, feta, lemon basil aioli, fried capers, cracked pepper

### **Mexi Omelette 15** 🌶️

House stewed black beans, smoked cheddar, Monterey jack, onions, mushrooms, corn tortillas, fresh salsa, sour cream, house-made jalapeno hot sauce

Add spicy chorizo sausage + 2

## **Sandwiches**

Served with panfries

Substitute fruit for the panfries + 2

Gluten free bread + 1.50

### **Classic BLT 13**

Bacon, tomato, green leaf, mayo

### **Club House 14**

Chicken, bacon, green leaf, tomato, mayo

### **Colorado Club 15** 🌶️

BBQ spiced red chili chicken, avocado, bacon, green leaf, tomato, smoked red chili mayo

### **Pacific Salmon Club 16**

Wild salmon, fresh lemon, bacon, green leaf, tomato, lemon basil aioli, fried capers