



# BREAKFAST

*Crafted for the morning*

M E N U



M I S S I S S A U G A



# BENEDICTS



## AVOCADO BENEDICT

19

2 poached eggs on a toasted English muffin with smashed avocado, fresh tomato, red onion and green mix, finished with creamy hollandaise. Served with breakfast potatoes. (800 CALS)

## EGGWALA FLORENTINE

19

2 poached eggs on a toasted English muffin with sautéed spinach and mushrooms, creamy hollandaise, paprika and chives. Served with breakfast potatoes. (750 CALS)

**Choose Your Hollandaise: Classic • Spicy**

# GARDEN BRUNCH

## GARDEN FRESH

21

Avocado, sautéed mushrooms, spinach, greens, red onion, roasted & fresh peppers, feta, capers, olives and scallions, topped with spicy hollandaise. Served with breakfast potatoes and 1 egg your way. (700 CALS)



## CITRUS AVOCADO GARDEN

24

Fresh green mix, lettuce, chickpeas, orange, grapefruit, avocado, walnuts, cherry tomatoes, sunrise tomatoes, feta and cranberries, finished with balsamic seasoning. (550 CALS)

**Choice of: Paneer • Tofu**





# SANDWICHES

**CHEESY GRILLED MELT**

18

Cheddar, mozzarella and creamy melted cheese, grilled until golden and served with our house special dip. (700 CALS)

**TOMATO BASIL GRILLED CHEESE**

18

Fresh tomato, basil, cheddar and mozzarella, grilled to golden perfection and served with our house special creamy garlic dip. (700 CALS)



# AVOCADO TOAST

**VEGAN AVOCADO TOAST**

18

Creamy avocado seasoned with sesame seeds, lemon zest, sea salt, chili flakes and cranberry served on toasted bread with breakfast potatoes. (600 CALS)

**PERI-PERI PANEER TOAST**

21

Creamy cheesy peri-peri paneer, avocado, seasoned guacamole, green mix, cheddar and Swiss cheese blend, tomatoes, capers and scallions. Served with breakfast potatoes. (850 CALS)

**AVOCADO EGG TOAST**

19

2 scrambled eggs, avocado, seasoned guacamole, green mix, cheddar and Swiss cheese blend, tomatoes, capers and scallions. Served with breakfast potatoes. (750 CALS)



**VEGGIE OMELETTE**
19

Fluffy omelette filled with your choice of 3 fresh vegetables: tomato, mushrooms, red onion, green pepper, red pepper, green onion, sweet corn or spinach. Served with breakfast potatoes. (550 CALS)

**CHEF’S SPECIAL MASALA OMELETTE**
20

Our signature omelette is blended with fresh green vegetables, aromatic Indian spices, cheese, and herbs. Served with two slices of toasted bread. (700 CALS)

**CHEF’S SPECIAL HOLLANDAISE OMELETTE**
22

Rolled omelette filled with creamy cheese and fluffy egg whites, topped with our signature hollandaise sauce. Served with breakfast potatoes. (700 CALS)





# PANCAKES & WAFFLES



**FLUFFY PANCAKES**

Fluffy pancakes served with your choice of 2 fresh fruits, 1 sauce and 1 topping. (750 CALS)

20

**BELGIAN WAFFLE**

Crispy Belgian waffle served with your choice of 2 fresh fruits, 1 sauce and 1 topping. (750 CALS)

20

**CHOOSE YOUR FRUITS**

Banana      Strawberry      Blueberry      Seasonal Fruit

**CHOOSE YOUR SAUCE**

|             |                    |                |                   |
|-------------|--------------------|----------------|-------------------|
| Maple Syrup | Honey              | Milk Chocolate | White Chocolate   |
| Caramel     | Nutella            | Lotus Biscoff  | Blueberry Compote |
| Pistachio   | Strawberry Compote |                |                   |

**CHOOSE YOUR TOPPING**

Chocolate Chips      White Chocolate Chips      Rainbow Sprinkles  
Whipped Cream

**MAKE IT LOADED**

Add \$2 for each additional fruit, topping or sauce.





# AÇAÍ & SMOOTHIE BOWLS

## BERRY BLISS SMOOTHIE BOWL 20

Creamy mixed-berry smoothie blend topped with your choice of 2 fresh fruits, 2 seeds and granola, finished with your choice of sauce. (550 CALS)

## CLASSIC AÇAÍ BOWL 20

Creamy açai blend topped with your choice of 2 fresh fruits, 2 seeds and granola, finished with your choice of sauce. (500 CALS)

### CHOOSE YOUR FRUITS

Banana Strawberry Blueberry Seasonal Fruit

### CHOOSE YOUR SAUCE

Maple Syrup Honey Milk Chocolate White Chocolate  
Caramel Nutella Lotus Biscoff Peanut Butter  
Pistachio

### CHOOSE YOUR SEEDS & NUTS

Chia Seeds Sunflower Seeds Hemp Seeds Almond Slice  
Cashew Pistachio Crunch

### OPTIONAL ADD-ONS

Chocolate Chips • White Chocolate Chip

*Add \$2 for each additional fruit, seed, topping or sauce.*





# SMOOTHIES

## STRAWBERRY & BANANA

10

Fresh strawberries, banana and Greek yogurt blended with your choice of orange juice or milk. (400 CALS)

## GREEN GIANT

10

Mango, baby spinach, pineapple, kale, kiwi and green apple blended with orange juice. (300 CALS)

## TROPICAL BLISS

11

Pineapple, mango, passion fruit and dragon fruit blended with coconut water. (300 CALS)

## BERRY BLAST

10

Raspberries, strawberries, blueberries, blackberries and Greek yogurt. (400 CALS)

## AVOCADO DATE SHAKE

12

Avocado, banana, Medjool dates, milk and a touch of cinnamon. (550 CALS)

## ADD-ONS

2

Peanut Butter • Chia Seeds • Protein



## FRESH & COLD



THE EGGWALA

# SIGNATURE COFFEE

**SAFFRON ELAICHI BULLET COFFEE** 9.99

Espresso blended with saffron, cardamom & creamy milk.

**SMOKED ROSEMARY COLD BREW** 9.99

Cold brew, tonic, fresh lemon & smoked rosemary.

**ESPRESSO ORANGE TONIC** 9.99

Fresh orange juice & tonic topped with double espresso.

**ESPRESSO CRANBERRY TONIC** 9.99

Cranberry juice & tonic topped with double espresso.

**ESPRESSO TONIC** 7.99

Chilled tonic topped with double espresso & fresh citrus.

**COFFEE BOMB** 10.99

Double espresso poured over chilled Red Bull & ice.

**MONT BLANC** 10.99

Fresh orange juice, bold espresso & silky vanilla foam.

**AFFOGATO** 10.99

Double espresso poured over vanilla ice cream.

SIP,  
SAVOUR,  
REPEAT.

**MILK OPTIONS**

Regular Milk • Almond Milk • Oat Milk  
Add \$2 for Almond or Oat Milk.



# MATCHA

**MATCHA LATTE** 7

Premium matcha with creamy milk.

Classic • Vanilla, Strawberry or Mango +\$1

# TEA & INFUSIONS

**KADAK CHAI** 5.50

Rich Indian style tea brewed with milk, cardamom, ginger and aromatic spices.

**EARL GREY** 5.50

Classic black tea infused with fragrant bergamot and a refreshing citrus aroma.

**LONDON FOG** 5.50

London Fog tea, steamed milk, vanilla and a touch of sweetness.

**GINGER LEMON GREEN TEA** 5.50

Green tea infused with fresh ginger, lemon and a touch of honey.





# HOT & COLD BEVERAGES

## WATER & MILK

|                 |      |
|-----------------|------|
| Still Water     | 3.50 |
| Sparkling Water | 3.50 |
| Milk            | 4.00 |
| Almond Milk     | 4.00 |
| Oat Milk        | 4.00 |

## HOT COFFEE

|                             |      |
|-----------------------------|------|
| Espresso                    | 4.00 |
| Double Espresso             | 5.00 |
| Americano                   | 5.00 |
| Cappuccino                  | 5.00 |
| Flat White                  | 5.00 |
| Macchiato                   | 5.00 |
| Cortado                     | 5.00 |
| Cafe Latte                  | 5.00 |
| Vanilla • Caramel • Spanish |      |
| Mocha                       | 6.00 |
| Hot Chocolate               | 6.00 |

## JUICES & LEMONADE

|                  |      |
|------------------|------|
| Orange Juice     | 4.00 |
| Apple Juice      | 4.00 |
| Pineapple Juice  | 4.00 |
| Cranberry Juice  | 4.00 |
| Classic Lemonade | 5.00 |

## ICED COFFEE

|                             |      |
|-----------------------------|------|
| Iced Americano              | 5.00 |
| Iced Mocha                  | 6.00 |
| Cold Brew                   | 5.50 |
| Iced Latte                  | 5.50 |
| Vanilla • Caramel • Spanish |      |

## FRAPPÉS

|                                                                                                  |      |
|--------------------------------------------------------------------------------------------------|------|
| COFFEE FRAPPÉ                                                                                    | 8.00 |
| Espresso, milk, ice & vanilla.                                                                   |      |
| Mocha, Caramel or Nutella \$1                                                                    |      |
| BROWNIE FUDGE FRAPPE                                                                             | 9.99 |
| Chocolate brownie, espresso, chocolate sauce & ice, topped with whipped cream & brownie crumble. |      |



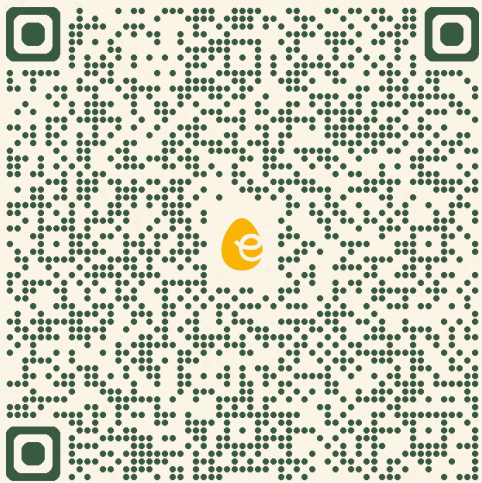
# FOOD NOTE

- Got allergies? Tell us before ordering. Not after 3 bites and a sudden realization.
- Wait time may go up to 1 hour. Relax, good things take time. This isn't instant noodles.
- Once the order is placed, it's final. No take backs we're committed, even if you're not.
- Some dishes contain butter, oil & flavour. If that's a problem maybe today's your cheat day.
- Some dishes contain butter, oil & flavour. If that's a problem maybe today's your cheat day.
- Now that you've read all this. Order something worth the wait.

# PLEASE NOTE

- 12% gratuity will be automatically added to tables of 6 or more guests.

# RATE US



- ✉ [contact@theeggwala.com](mailto:contact@theeggwala.com)
- ☎ +1 (905) 949 9808
- 🌐 [www.theeggwala.com](http://www.theeggwala.com)

# THANK YOU

FOR CHOOSING TO DINE WITH US