

slowfoodmovementandfreshness...

It's really not about an understaffed kitchen!! One very interesting phenomenon that is happening in the food world these days is something known as the Slow Food movement. No, it's not a restaurant owner's carte blanche to have fewer kitchen staff manning the stoves!! It's a movement that started in Italy waaaayyyy back in the mid 80's as the antithesis to Fast Food and all of the inherent social and physical problems that go along with it.

The obvious premise is that we need to get back to a slower pace when it comes to dining and enjoying the company of family and friends. It's about taking time out when eating, savoring the subtleties of flavor that your Chef has created, relaxing with some wine and enjoying intelligent conversations. It's about relaxing and lingering over our meals, catching up on events in our lives, taking a little break amidst all of the hectic schedules that we create for ourselves.

The other less apparent premise of the Slow Food movement is to really sit back and decide where you are going to spend your food dollars. It's about sustainability of the ecosystem we belong to - supporting local producers whether they raise game and other meats, grow produce or even harvest honey. It's about supporting your local seasonal farmer's market, buying goods from locals who provide them.

It's all about the future we leave for our children... take some time next time you're out for dinner and ask yourself if it's time to slow down just a little.

Enjoy your time with friends and family - stress less. We hope you enjoy your time with us.

Audrey & Taras Manzie
Southview Inn & Bistro



sundaybrunch

home fries can be substituted for fries or bowl of soup. upgrade to a salad for two bucks.

quiche 9.5

assorted varieties, please ask your server for today's selection served with homefries.

bistro egg breakfast 7.75

two eggs any style, served with BbQ baked beans, home fries, bacon or sausage, fresh fruit and choice of toast.

mediterranean eggs 11

oven baked greek feta topped with two fried eggs to order and dusted with smoked spanish paprika, served with pan-seared foccacia bread, bistro home fries and calamata black olives.

fruit parfait 6.5

vanilla yogurt layered with fresh fruit, and topped with maple granola.

steak'n'eggs 12

5 oz. sirloin, two eggs any style, home fries, BbQ baked beans and choice of toast.

eggs benny 10

two poached eggs with smoked ham smothered in chive hollandaise on an english muffin, served with homefries.

sal benny 11

eggs benny with smoked salmon.



florence benny 11

eggs benny with fresh spinach.

blackstone benny 10

eggs benny with bacon and pan-seared breaded tomato slices.

veggie benny 10

eggs benny with fresh spinach and tomato – no meat!!

french toast 9.5

three slices of french toast topped with cinnamon and sugar, served with fresh fruit, and choice of bacon or sausage.

-add real Canadian Maple Syrup 2

pancakes 9.5

three fluffy buttermilk pancakes topped with cinnamon and sugar, served with fresh fruit, and choice of bacon or sausage.

-try real Canadian Maple Syrup 2

omelette 9.75

assorted varieties: ask for the farmers, the greek, the veggie or the ever popular ham-cheddar-mushroom, served with homefries and toast.

croque madame 12

pan-fried smoked ham and cheddar sandwich, basted in cream cheese, topped with a medium fried egg and smothered in chive hollandaise sauce.

served with home fries.



bagel & smoked salmon plate 9

pacific smoked salmon with cream cheese, slivered red onion, sliced tomato and capers.

red denver 9.5

egg sandwich scrambled with smoked ham and caramelized onions and peppers - with a smear of chipotle ketchup. served with home fries.

egg burger 11.5

8oz. burger patty topped with smoky bacon and medium fried egg. topped with lettuce, tomato, onion and mayo on toast, served with homefries.

heurvos sante fe 11.5

two poached eggs on avocado slices and house-made flour tortilla chips, smothered in steak chili all on a english muffin. served with home fries.

egg in the hole 9

a midnite classic!! - two eggs fried in bread, served with BbQ baked beans, home fries, bacon or sausage, fresh fruit.

caesar salad 9.25

-starter size 5

bistro salad 9.25

mixed salad greens with vegetable garnish - house or paprika dressing.

-starter size 5

spinach salad 11

fresh spinach with mushrooms, mozza, bacon in a sweet, red onion dressing.

-starter size 6

