



Shine is proud to support local suppliers.  
All our food is prepared in-house from scratch.

**DOWNTOWN**  
1320 Blanshard Street  
Victoria BC, V8W 2J1  
Tel (250) 595 2134

**FORT STREET**  
1548 Fort Street  
Victoria BC, V8S 5J2  
Tel (250) 595 2133

## WRAPS & BURGERS

Served with green salad, fries, or soup.  
Substitute onion rings \$1  
Substitute a gluten-free kaiser \$2

### TRADITIONAL CLUB

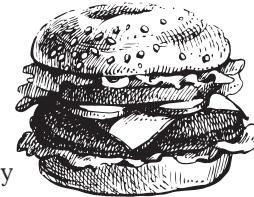
House-roasted chicken breast, bacon,  
cheddar, greens, tomato, mayo  
\$13.95

### BLT

Bacon, greens, tomato, mayo  
\$11.95  
Add cheese, egg or avocado \$1.50

### SHINE BURGER

Served on a custom bun with  
greens, tomato, red onion,  
pickle and mayo. Choose  
a homemade beef patty or  
homemade black bean vegan patty  
\$11.95



Substitute wild  
Pacific  
salmon fillet  
\$2

Add bacon,  
cheese, egg  
or avocado  
\$1.50

Add sautéed  
mushrooms or  
caramelized onion  
\$0.90

### CHIPOTLE CHICKEN WRAP

Sautéed house-roasted chicken breast, red onion &  
bell peppers in a southwest sauce, avocado, cheddar  
and greens with chipotle mayo in a whole wheat wrap  
\$12.95

### OMEGA WRAP

Wild Pacific salmon fillet, spinach & greens, cucumber  
avocado & lemon-ranch dressing in a whole wheat wrap  
\$13.95

### MEDITERRANEAN VEGGIE WRAP

Roasted red pepper, zucchini, eggplant, onion  
& mushrooms, marinated artichoke hearts,  
feta cheese, fresh spinach & pesto mayo  
\$12.95

## SALADS & SOUPS

### SOUP

Always made from scratch. Served with toast or cornbread.  
**Ask your server for today's creation**  
\$7.25 With GF english muffin \$2

### PACIFIC SUNSET

Crisp greens, cucumber, avocado, toasted pecans,  
dried cranberries & feta topped with maple  
sautéed wild Pacific salmon fillet  
\$14.95

### TEXICAN

Crisp greens, sautéed house-roasted chicken breast,  
red onion and bell peppers in southwest sauce,  
avocado & melted cheddar with  
grilled homemade cornbread  
\$13.95

### CASCADIAN COBB

Sautéed house roasted chicken breast, avocado,  
tomato, bacon & goat cheese on crisp greens  
\$13.95 Sub salmon for chicken \$2

### MEADOW MIST

Crisp greens, grated carrot, bell peppers, cucumbers,  
toasted pecans, avocado & sesame-sautéed tofu  
\$12.95

## LIGHTER FARE

### FRESH SMOOTHIE

Ask for today's fruit flavours. Pure fruit, plain yogurt & juice  
\$4.95  
Add a scoop of protein powder \$2

### JUMPSTARTER SMOOTHIE

Pure mango, banana, fresh spinach, coconut milk,  
pineapple juice, matcha green tea and protein powder  
\$6.95



### BREAKFAST SANDWICH

1 Egg over hard, bacon (or ham or sausage),  
cheddar, tomato & mayo on a toasted English muffin  
\$6.95



### YOGURT PARFAIT

Home made pecan cranberry granola, yogurt,  
mango compote, toasted coconut shavings  
\$8.95

### KARIN'S BRUNCH

Choose any 4 of the following VEGAN options:  
hashbrowns/ homemade black bean patty/  
sauteed spinach, mushrooms and roasted garlic/  
granola/ sweet chili-sesame tofu/ refried beans/  
grilled tomato/ toast/ avocado  
\$10

## SIDES

<b>POTATO SCONE</b> \$3.95	<b>GLUTEN FREE ENGLISH MUFFIN</b> \$3.95	<b>HOLLANDAISE</b> 2oz \$2.25 4oz \$3.95	<b>SINGLE EGG</b> \$1.55	<b>SAUSAGE (3)</b> \$4.45
<b>CORNBREAD</b> \$3.75	<b>FRESH CUT FRUIT OR GREEN SALAD</b> \$4.95	<b>CUP OF SOUP</b> \$3.95	<b>BACON (4)</b> \$4.95	<b>FRIES</b> \$3.95
<b>TOAST</b> \$2.75			<b>HAM (3)</b> \$4.25	<b>ONION RINGS</b> \$4.95

**HASH BROWNS**  
\$3.95

# SHINE CLASSICS

Please choose from the following sides:

Oven-roasted hashbrowns, grilled tomato,  
Scottish potato scone, toast.  
Cornbread, add \$1  
Fresh-cut fruit, green salad,  
or gluten free english muffin, add \$2

## SHINE BREAKFAST

2 eggs, 2 pieces bacon or ham or sausage & 2 sides  
\$10  
No meat? subtract \$1.50

## FULL BREAKFAST

3 eggs, 2 pieces each bacon,  
ham, & sausage,  
grilled tomato & 2 sides  
\$14.95

## SCOTTISH BREAKFAST

2 eggs, 2 bacon, grilled tomato,  
sautéed mushrooms, black  
pudding, potato scone & 1 side  
\$13.95

## BURRITO DEL SOL

Scrambled eggs, caramelized onion, bell peppers, tomato,  
refried beans, avocado and cheddar in a whole wheat tortilla.  
Served with salsa & sour cream and 1 side  
\$13.45

## ROBIN'S HASH

Scrambled eggs, spinach,  
caramelized onion, sausage,  
tomato & feta. Served over  
hash browns with 1 side  
\$13.95

## BREAKFAST HASH

Scrambled eggs, bacon, ham, bell  
peppers, caramelized onions,  
mushrooms & cheddar. Served  
over hash browns with 1 side  
\$13.95

## 2-2-2

2 pancakes or French toast, with 2 pieces bacon  
or ham or sausage, and 2 eggs any style  
\$14.95

## TROPICAL FRENCH TOAST

2 slices of coconut-lime battered French toast,  
topped with mango compote,  
whipped cream and toasted coconut shavings  
\$13.95 Just plain French Toast? \$9.95

## FAMOUS PANCAKES

Scratch-made and served with butter & real maple  
syrup. Choose up to 2 add-ins: blueberry, raspberry,  
banana, toasted pecan, chocolate chip  
2 pieces \$10.95 3 pieces \$13.95



# OMELETTES

Served with 2 of the following sides::

Oven-roasted hashbrowns, grilled tomato,  
Scottish potato scone, toast.  
Cornbread, add \$1  
Fresh-cut fruit, green salad,  
or gluten free english muffin, add \$2

## URBANITE

Bacon, mushrooms, tomato, avocado & feta  
\$15.05

## COASTAL

Smoked salmon, spinach, red onion,  
avocado & goat cheese  
\$15.05

## MAKE YOUR OWN OMELETTE

Starts empty, you fill it up!

\$8.75

### STANDARD TOPPINGS

Tomato, mushroom, spinach, red onion,  
caramelized onion, bell peppers, roasted garlic,  
basil pesto, refried beans, salsa, tofu,  
Mediterranean roasted veggies, artichoke hearts  
\$0.90

### PREMIUM TOPPINGS

Bacon, chicken, smoked salmon,  
ham, sausage, cheddar, brie, feta,  
goat cheese, avocado, hollandaise  
\$1.50

## WESTERN

Ham, bell peppers, caramelized onions,  
mushrooms & cheddar  
\$14.45

## FORAGER

Spinach, mushroom,  
basil pesto, avocado & brie  
\$14.45

# EGGS BENEDICT

Served with 1 of the following sides:

Oven-roasted hashbrowns, grilled tomato,  
Scottish potato scone, toast.  
Cornbread, add \$1. Fresh-cut fruit, green salad,  
or gluten free english muffin, add \$2.  
Half order, subtract \$3. 3 piece benny, add \$5

## CLASSIC

Smoked ham & regular  
hollandaise  
\$12.95

## CALI

Bacon, grilled tomato,  
avocado & regular hollandaise  
\$13.95

## BENITO

Quesadilla filled with refried beans, bell peppers,  
caramelized onions & cheddar, topped with  
avocado & salsa hollandaise  
\$13.95

Add bacon or Chicken \$2

## POLISH

Bacon and caramelized onions on a bed of  
perogies, topped with roasted garlic hollandaise.  
Served with sour cream  
\$13.95

## CANADIAN

Brie, bacon, mushrooms, bell  
peppers & regular hollandaise  
\$13.95

## NEMO

Smoked salmon, red onion,  
avocado & regular hollandaise  
\$13.95

## BECKETT'S

Chicken, salsa, red onion, roasted garlic,  
cheddar, avocado & chipotle hollandaise  
\$13.95

## GARDEN CITY

Spinach, caramelized onion, avocado, tomato,  
bell peppers, feta cheese & pesto hollandaise  
\$13.95

## PROVENCE

Roasted red pepper, zucchini, eggplant, onion & mushrooms,  
marinated artichoke hearts, fresh spinach and goat cheese on  
toasted French bread. Topped with pesto hollandaise  
\$13.95