



## Brunch

### Fluffy Buttermilk & Spiced Carrot Pancakes

with walnut cinnamon butter and pure Canadian maple syrup. Served with a side of fresh fruit. 11.

### Jaeger Toast

open-faced sandwich with country cured ham, fresh tomatoes, Herbes de Provence and swiss cheese. Baked in the oven with a fried egg & Mama's relish on top. Served with potato hash or salad of the day. 13.

### Roasted Chicken Marinara Garlic Toast

with potato, mozzarella & fontina cheeses, topped with a fried egg. Bellissimo! 13.

### Sausage & Egg Breakfast Burrito

oven baked with sweet peppers, caramelized onions and cheese in a whole wheat flour tortilla. Served with fresh tomato salsa, sour cream & your choice of potato hash or salad of the day. 13.

### Stella's Eggs Benedict

on a house made cheese scone with peameal bacon & low-fat yogurt hollandaise sauce. Served with potato hash or salad of the day. 15.

### Turkey Waldorf Wrap or Sandwich

with fresh roasted turkey, toasted pecans, crisp celery, red peppers & dried cranberries in a creamy sweet chilli mayo. Served with potato hash or salad of the day. 12.

### Quiche of the Day

served with potato hash or salad of the day. Ask your server for details. 13.

### Panko-Dusted Fresh Atlantic Salmon Cakes

with our very own low-fat hollandaise & your choice of potato hash or salad of the day. 14.

## A La Carte

Fresh Fruit Salad ♦ 3. / 5.

Salad of the Day ♦ 6.

Smoothie of the Day ♦ 3.5

Poached or Fried Eggs (2) ♦ 5.

Fruit or Cheese Scone 2.25

Peameal Bacon (4) ♦ 4.

Potato Hash ♦ 6.

Sliced Bacon (5) ♦ 6.

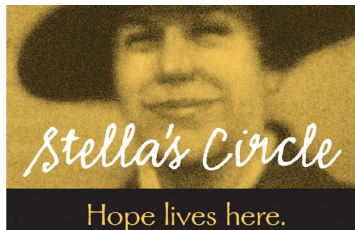
*Please inform your server of any food sensitivities.* We will do our best to accommodate your needs; please note that a change in the content or presentation of some of our meals may be required.

♦ gluten-free item

● may be made gluten-free by requesting GF bread or a lettuce wrap

♠ contains seafood

# About Stella Burry Community Services



As one of Newfoundland's pioneer social workers, Dr. Stella Burry believed that people who were down on their luck needed fairness – not charity.

A Deaconess of the United Church, in 1945 she secured the funds necessary to create Emmanuel House as a safe haven and community centre for young women coming to St. John's.

Stella Burry also actively lobbied politicians for policy changes, cajoled others to provide food and clothing, and brought people together to work cooperatively.

She was a tireless advocate for social justice at a time when the charity model was more in vogue. Why? Because she had seen first and that those in need don't want a handout, they want a hand up.

Stella Burry Community Services helps members of our community who have experienced significant personal troubles, including abuse, addictions, violence and incarceration.

We offer support and counselling services, develop and provide safe, affordable housing for low income individuals and families, and provide training and skills development programs that improve their prospects for employment.

**A friend, a home and a job.** Today, this philosophy is the cornerstone for the programs and services that comprise **Stella's Circle**:

Emmanuel House • Naomi Centre • Carew Lodge • Community Support Program  
HOPEworks • New Beginnings • CAN DO: Employment Now! • Just Us Women's Centre  
Brian Martin Housing Resource Centre

[www.stellaburry.ca](http://www.stellaburry.ca)

## About the Hungry Heart Cafe

The Hungry Heart Cafe is a socially responsible neighbourhood cafe featuring the freshest local products and many homemade specialties. We take pleasure in serving our customers with excellence in an atmosphere that is friendly and welcoming. We proudly use all of the profits from the Cafe to support our on-site training programs.



### Our Mission

To transform the lives of our participants through culinary arts training, instilling a love of great food and ingredients, in ways that the entire community can participate in, support and celebrate.

### Cafe, Catering and More

In addition to our Cafe, Hungry Heart operates a catering service that provides quality fresh, delicious food to satisfy any palate, and any budget. Contact us for:

Business, breakfast & lunch meetings • Special events, openings, conferences  
Ongoing food service needs for organizations (daycares, schools, service groups etc.)

Need a venue for your late afternoon or evening meeting? Our Cafe is available, and offers an ideal setting for a comfortable catered meeting or full service dinner for up to 36 people.

## The Hungry Heart Cafe

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