BREAKFAST

THE SPARO - GFO | 25

Two local eggs, choice of sausage, bacon or peameal, hash browns, white, whole wheat or sourdough toast

EGGS BENEDICT - VO | 25

English Muffin, peameal, poached eggs, lemon hollandaise, hash browns or salad

smoked salmon Benedict +2

ITALIAN OMLETTE - VO/GFO | 25

Two local eggs mixed with cherry tomatoes, crumbled sausage(beef & pork), Fior di late, arugula, choice of toast

BREAKFAST CIABATTA | 25

Ciabatta, over medium egg, arugula, bacon, provolone, tomato aioli, hash browns

smoked salmon Ciabatta +2

SMOKED SALMON BRUSCHETTA - GFO | 25

Sourdough, house whipped ricotta, smoked salmon, capers, arugula

YOGURT & GRANOLA PARFAIT - V/GFO | 16

Lemon and honey yogurt, berry compote, mixed berries, maple granola

COTTAGE CHEESE CAKES - GF/V | 22

Berries, lemon yoghurt, maple syrup, almonds

GFO ~ Dish can be made gluten free upon request
VO ~ Dish can be made vegetarian upon request
V ~ Dish is vegetarian
GF ~ Dish is gluten free

SIDES

HASHBROWNS | 8
FRUIT BOWL | 9
SIDE MEAT | 5
SIDE SMOKED SALMON | 8
SIDE TOAST | 5
EXTRA EGG | 3
EXTRA SAUCE (HOLLANDAISE, PESTO, AIOLI) | 3
SIDE GARDEN SALAD | 10

At The Little Sparo,
we believe that great food starts with great ingredients, and we are incredibly grateful to the local farmers who make that possible. Their dedication to quality and sustainability brings the freshest produce, meats, and dairy to our kitchen, allowing us to craft dishes that celebrate the best of our region.

Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.