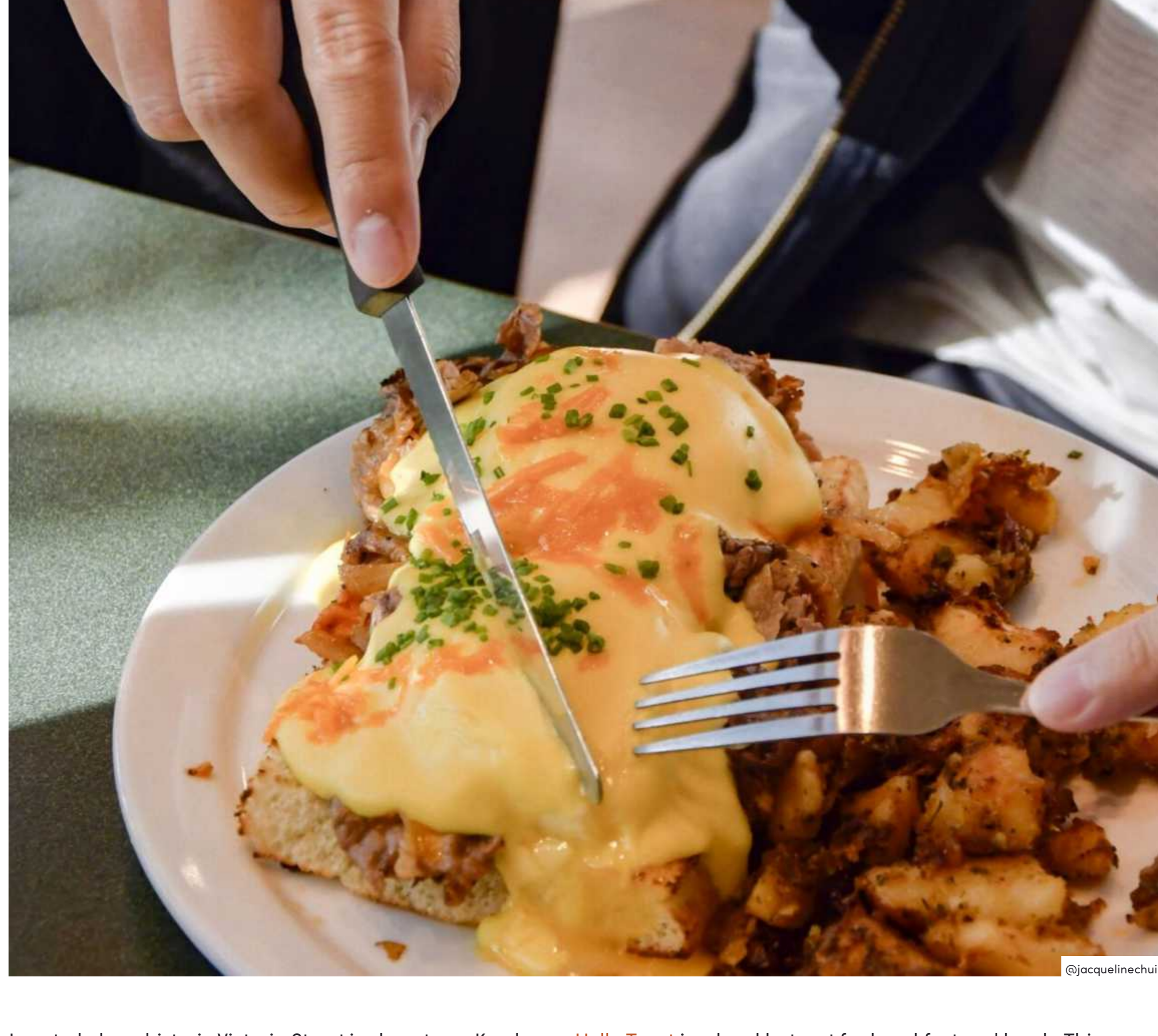


July 20, 2022 by Michelle McAleese

# 6 Spots for your brunch fix

Adventure-filled activities and spending time with friends and family pairs perfectly with brunch. Here are 6 spots to get your brunch fix in Kamloops before heading out for a day of exploring.

## Hello Toast



Located along historic Victoria Street in downtown Kamloops, [Hello Toast](#) is a local hotspot for breakfast and lunch. This friend-and-family-run funky joint has been in the Kamloops community for over 20 years, serving up homemade dishes that use locally-sourced ingredients. Indulge in one of their popular menu items like Green Eggs & Ham, Cayenne in the Rain or a Gourmet Bennie served on homemade focaccia bread.

## Jamaican Kitchen



Head out for a slice of Jamaican paradise at [Jamaican Kitchen](#). Originally from the Caribbean, owners Kamau and Denese Metsimela opened the Jam-Can Cafe in 2012 before focusing on their newly opened second location, Jamaican Kitchen, on the North Shore in 2017. Their breakfast, lunch, and dinner menus feature Canadian favourites with a twist of authentic Jamaican cuisine. Enjoy popular brunch items such as the Jamaican Sunshine Benedict - jerked pork on Johnny Cakes and their homemade hollandaise sauce.

## Amsterdam Restaurant



This is the perfect place to have breakfast before hitting the road back home or on to your next destination. [Amsterdam Restaurant](#) serves authentic cuisine from the Netherlands and Belgium. This locally-owned restaurant has been in Kamloops for over 20 years, priding themselves in meeting special dietary needs for their dishes including vegetarian, vegan, and gluten-free items. Indulge in a savoury Specialty Pannenkoeken, Dutch Crepes, such as the Dutch Delicacy or the Very Berry - seasonal fresh berries served with Summerland sauce, icing sugar, and whipped cream,

## Scott's Inn Family Restaurant



Located downtown Kamloops, the [Scott's Inn Family Restaurant](#), owned by the Patel Family, has served the community for 40 years. This is an ideal restaurant to bring the kids any time of day and has a large patio in the summer. Enjoy a homestyle breakfast, classic eggs benedict, or 7 of their omelet varieties while dining al fresco by the fountain.

## Harold's Family Restaurant



This classic retro diner has been a Kamloops mainstay for over 25 years. [Harold's Family Restaurant](#) is whipping up homemade dishes that are a Kamloids recipe for over 25 years. Specializing in big portions, enjoy all-day breakfast with dishes that feature a mountain of fresh fruit and are named after family or meaningful moments. Choose between sweet dishes like their Banana Caramel Belgian Waffle or if you can't decide between savoury or sweet, get the Louis Undecided - a strawberry-chocolate filled crepe, 2 eggs, bacon, or potatoes, and toast.

## Cora Breakfast & Lunch



Originating in Montreal, local owners Jen and Shaun Clark, opened BC's first [Cora Breakfast & Lunch](#) in 2011 located in the City View Plaza in Aberdeen. Specializing in big portions, enjoy all-day breakfast with dishes that feature a mountain of fresh fruit and are named after family or meaningful moments. Choose between sweet dishes like their Banana Caramel Belgian Waffle or if you can't decide between savoury or sweet, get the Louis Undecided - a strawberry-chocolate filled crepe, 2 eggs, bacon, or potatoes, and toast.

## Want to try something new?

There are many restaurants, patios, pubs, and food trucks in Kamloops that serve fresh local fare. Experience an adventure through the glass of handcrafted beer, cider or award-winning wines made right here in the Thompson River Valley.