

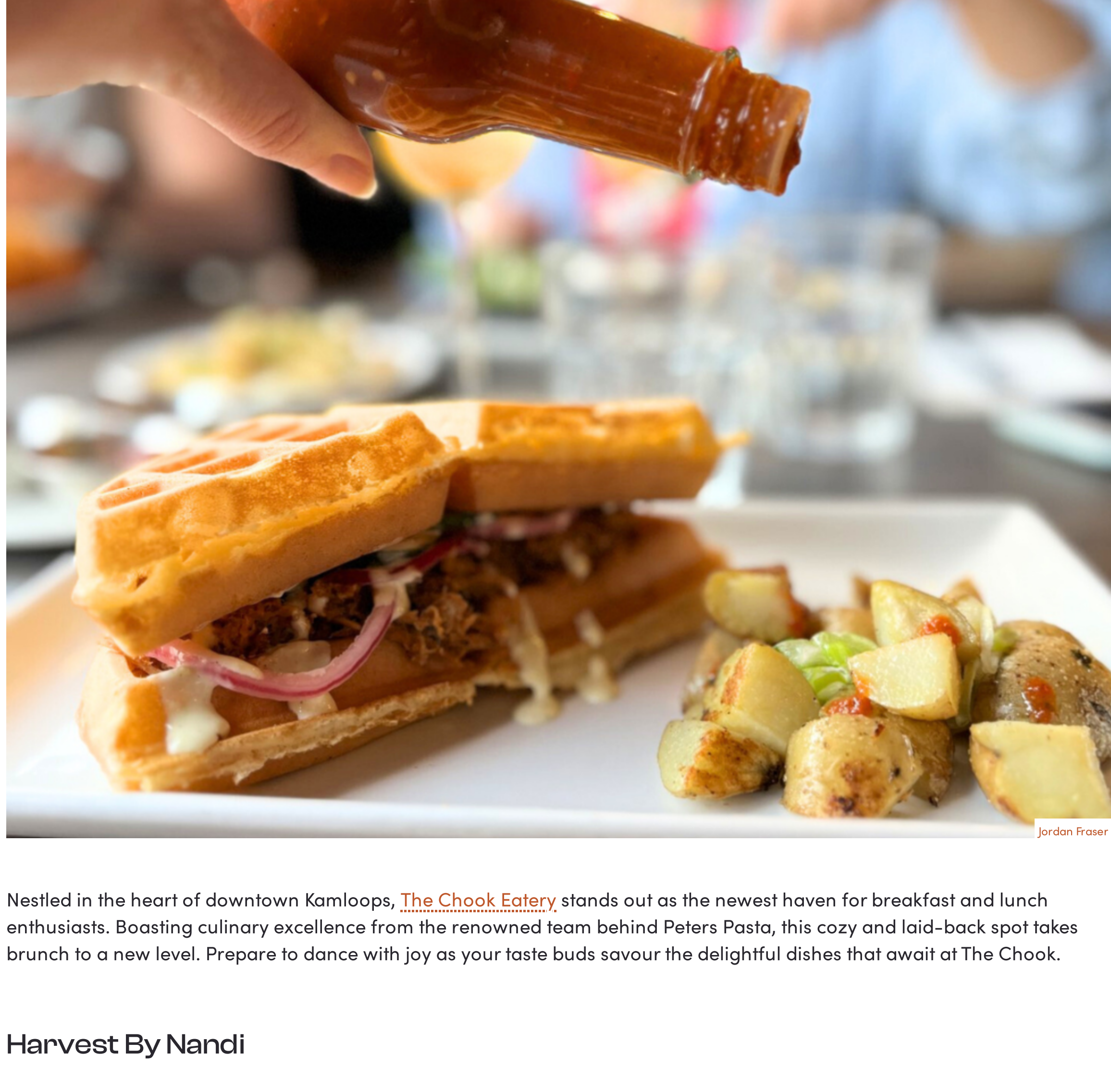
July 10, 2023 by Beth Taylor

Uncover Kamloops' Brunch Gems for Memorable Adventures

Unveiling the city's best-kept secrets for food enthusiasts and adventurers alike, Kamloops offers many exciting activities and quality time spent with loved ones.

To kick-start your day of exploration, indulge in the delightful art of brunch at these ten great spots that promise an unforgettable culinary experience.

The Chook Eatery



Jordan Fraser

Nestled in the heart of downtown Kamloops, [The Chook Eatery](#) stands out as the newest haven for breakfast and lunch enthusiasts. Boasting culinary excellence from the renowned team behind Peters Pasta, this cozy and laid-back spot takes brunch to a new level. Prepare to dance with joy as your taste buds savour the delightful dishes that await at The Chook.

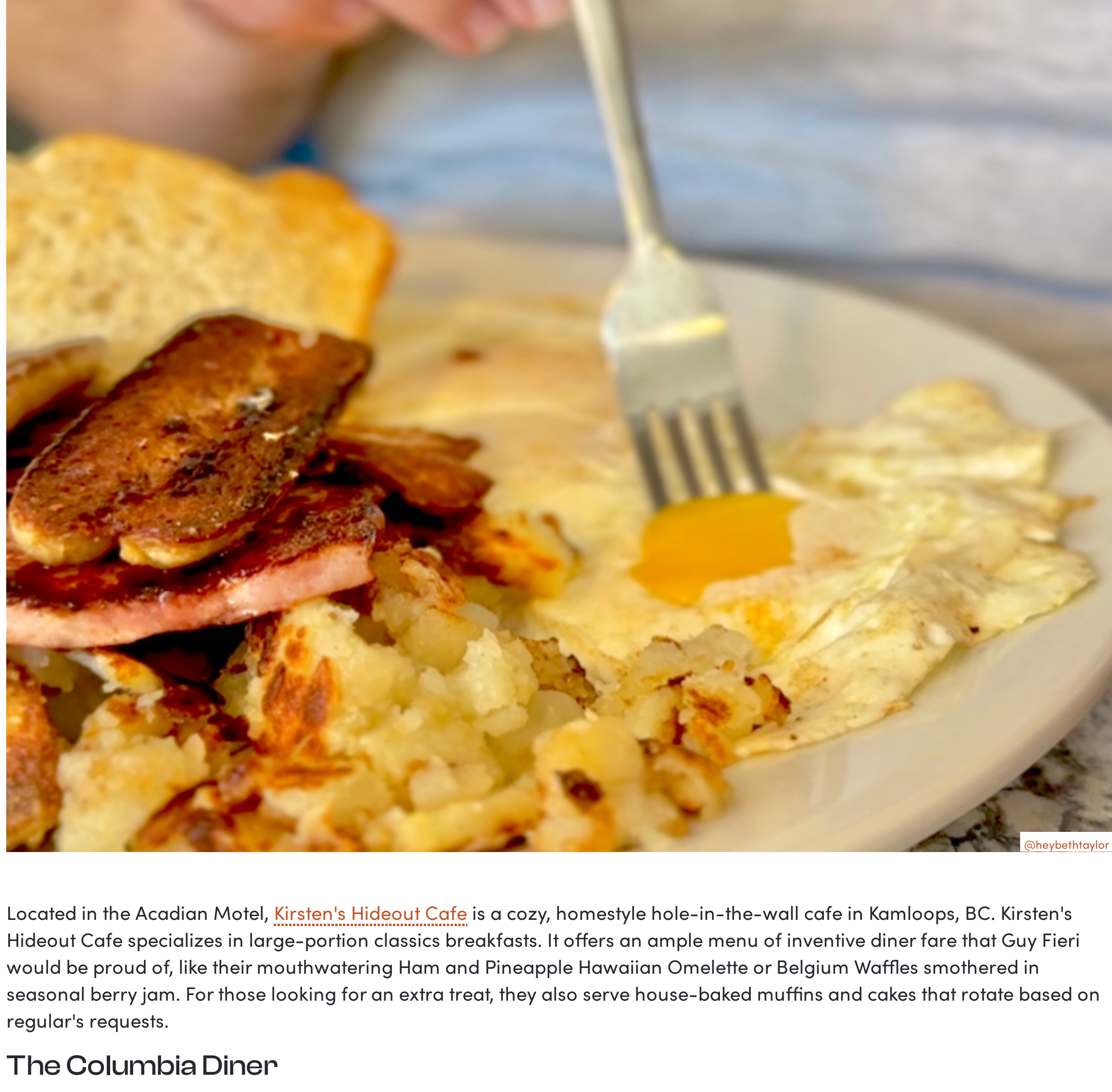
Harvest By Nandi



Harvest by Nandi

Embark on a unique culinary journey at [Harvest By Nandi](#), where Chef Nandi Spolia skillfully crafts Indian-inspired twists on brunch classics. From 10-2 every weekend, prepare to be amazed by dishes like The Harvest Chicken & Waffles, featuring Tandoori Fried Chicken atop fluffy Belgian Waffles drizzled with an irresistible Sriracha Honey Glaze and creamy Avocado. Inspired by seasonal local ingredients, Nandi offers an irresistible combination of flavours, such as banana-stuffed fried French toast with burnt maple, coffee butter, and masala-spiced scrambled eggs.

Kirsten's Hideout Cafe



@theartwecafe

Located in the Acadian Motel, [Kirsten's Hideout Cafe](#) is a cozy, homestyle hole-in-the-wall cafe in Kamloops, BC. Kirsten's Hideout Cafe specializes in large-portion classics breakfasts. It offers an ample menu of inventive diner fare that Guy Fieri would be proud of, like their mouthwatering Ham and Pineapple Hawaiian Omelette or Belgium Waffles smothered in seasonal berry jam. For those looking for an extra treat, they also serve house-baked muffins and cakes that rotate based on regular's requests.

The Columbia Diner



The Columbia Diner

[The Columbia Diner](#) invites you to indulge in a delightful brunch experience with a nostalgic twist. While honouring classic diner desserts, this charming establishment presents "Stacks on Stacks" - fluffy buttermilk flapjacks adorned with whipped cream and a medley of strawberry, blackberry, blueberry, and raspberry sauces. Prepare to embark on a captivating journey through time as you revel in the inviting atmosphere complemented by beloved 90's anthems.

The Art We Are



@theartwecafe

Known for its eclectic decor and extensive vegan, vegetarian and gluten-free food and drink offerings, [The Art We Are](#) is your go-to when craving a brunch that nourishes your body as much as it fuels your adventures. A local favourite on the menu is the Gluten Free Bacon Brunch Muffin. This delicious brunch option will satisfy the gluten-free humans of the world but is so tasty that it doesn't matter if you are gluten-free!

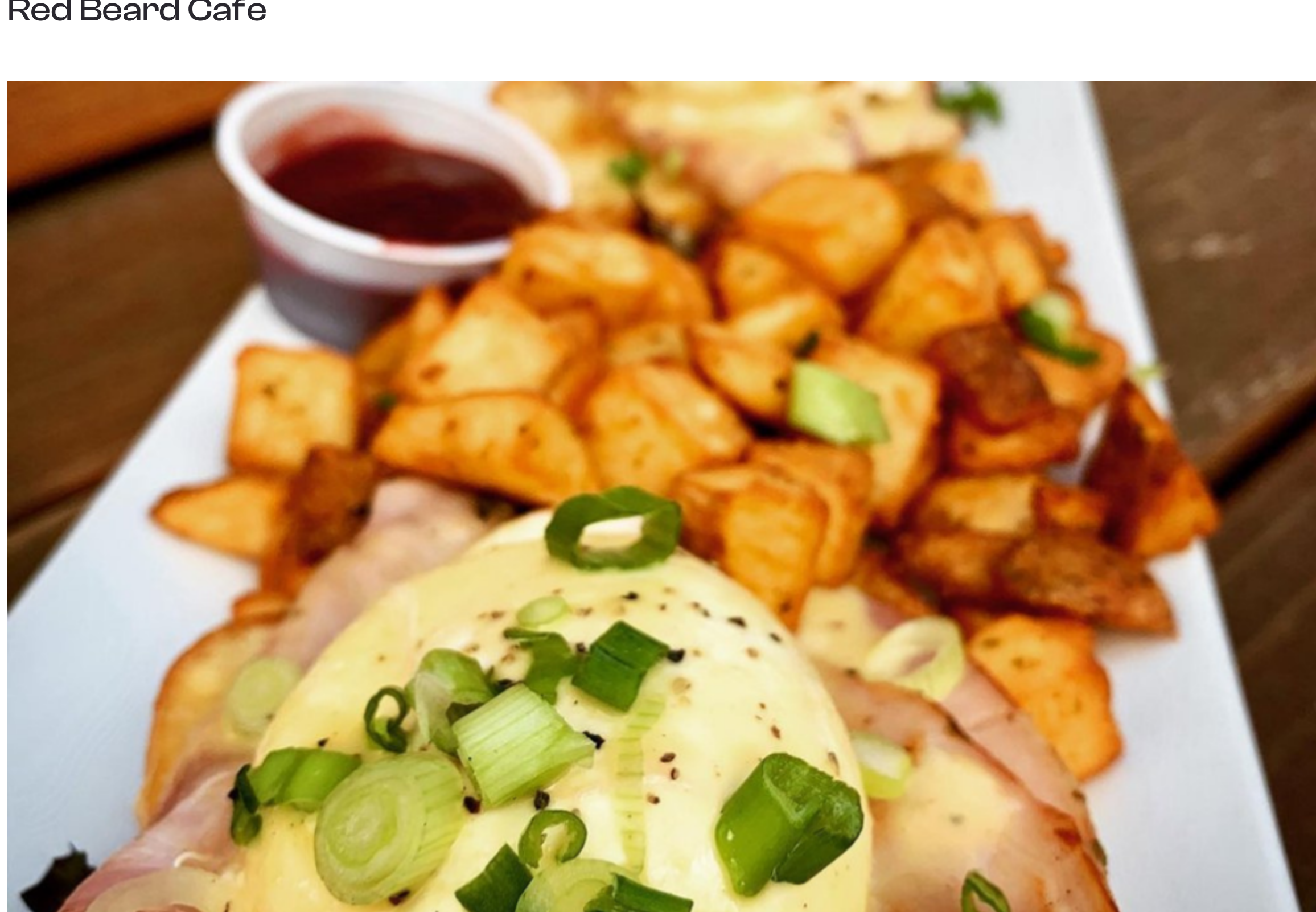
ROMEo's Kitchen + Spirits



@romeoskitchenspirits

Nestled within the Coast Kamloops Hotel & Conference Centre in its breathtaking atrium, [ROMEo's](#) is a haven for brunch lovers, reconnecting, and indulging in extraordinary cuisine you can't find at home. Their dreamy brunch menu has something for everyone, but a standout for those who are looking to indulge in the Parisienne Toast, a divine combination of brioche French toast, apple passionfruit compote, candied almonds, granola, and drizzled maple syrup.

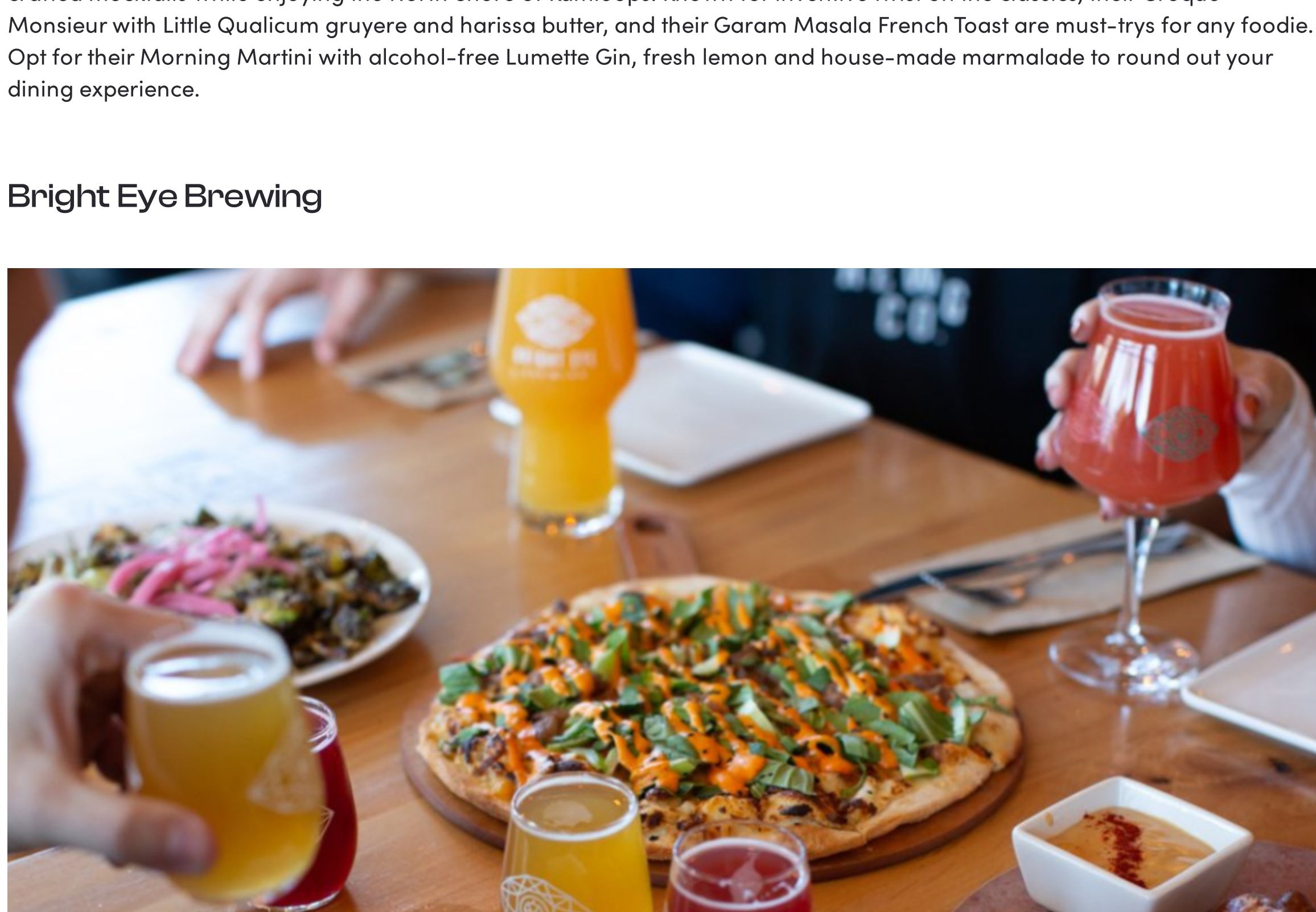
Red Beard Cafe



@redbeardcafe

Get ready to experience a brunch like no other [Red Beard Cafe](#) and indulge in their twist coffee beverages and expertly-crafted mocktails while enjoying the North Shore of Kamloops. Known for inventive twist on the classics, their Croque Monsieur with Little Quilicum gruyere and harissa butter, and their Garam Masala French Toast are must-tries for any foodie. Opt for their Morning Martini with alcohol-free Lumette Gin, fresh lemon and house-made marmalade to round out your dining experience.

Bright Eye Brewing



BC Ale Trail

[Bright Eye Brewing](#) is a must-visit for brunch lovers. Their inviting space, adorned with a local artist's mural and a hanging Austin Mini, sets the perfect atmosphere. While they are known as a brewery, Bright Eye has been delighting foodies with their out-of-the-box menu. Brunch lovers can't miss their must-try aptly named Brunchable Piz-zza, loaded with Italian sausage, bacon, hash browns, scallion, eggs, hollandaise, and Smoked Gouda. It's a flavour-packed delight that pairs perfectly with their meticulously crafted craft beer selection.

Brunch Is A Way Of Life In Kamloops

Kamloops is known for how seriously we take our brunch, and many of our restaurants, patios, pubs, and food trucks in Kamloops serve fresh local fare no matter what time of the day. If these 6 places didn't satisfy your brunch craving, we've curated [6 more places ready to serve you!](#) Experience an adventure through the tastes of the Thompson Okanagan, one plate at a time.