

BREAKFAST *is* SERVED

MONDAY *to* FRIDAY
from 6:30 AM *to* 11 AM

SATURDAY *and* SUNDAY
from 7 AM *to* 11 AM



BREAKFAST BUFFET
is available in the
MAIN DINING ROOM

AMERICAN BREAKFAST ¹⁶

TWO EGGS ANY STYLE

with:

COUNTRY *or* HASH BROWN
POTATOES

BACON *or* SAUSAGE *and* TOAST

fresh ORANGE *or*
GRAPEFRUIT JUICE

freshly brewed COFFEE *or* TEA

CONTINENTAL BREAKFAST ¹³

choice of:

- PASTRIES

- WHEAT *or* WHITE TOAST
with PRESERVES

- CEREALS

fresh ORANGE *or*
GRAPEFRUIT JUICE

freshly brewed COFFEE *or* TEA

PROTEIN START ¹³

EGG WHITE FRITTATA *with*
SPINACH *and* TOMATO

choice of

- FRUIT SALAD

- GLUTEN FREE MUESLI

- NATURAL YOGURT

- COTTAGE CHEESE

freshly brewed COFFEE *or* TEA

GRIDDLE SPECIALTIES

BRIOCHE FRENCH TOAST ¹⁰

bacon or sausage
butter and maple syrup

PECAN WAFFLE ¹²

bacon or sausage
butter and maple syrup

BUTTERMILK PANCAKES ⁹

butter and maple syrup
choice of:
- plain
- blueberry (1.5 addl)
- chocolate chip (1.5 addl)

FARM FRESH EGGS

HUEVOS RANCHEROS ¹²

salsa, chili peppers, corn tortillas

EGGS BENEDICT ¹⁵

atop english muffin, hollandaise
choose:
- Canadian bacon
- or smoked salmon (2 addl)
- country potatoes or hash browns

TWO EGGS *any style* ⁹

country potatoes or hash browns

THREE EGG OMELET ¹⁴

choice up to 3 of the following:
- ham - bacon
- smoked salmon (2 addl) - cheese
- tomatoes - mushrooms
- onions - spinach

FROM THE BAKERY

served with butter or cream cheese
and preserves

TRADITIONAL CROISSANT ⁵

NEW YORK STYLE BAGEL ⁵

assorted

DANISH PASTRIES *or* MUFFINS ⁵

CINNAMON ROLL ⁵

ENGLISH MUFFIN ³

TOAST ³

white, wheat, whole grain, or gluten free

NATURAL SMOOTHIES

strawberry-banana ⁵
seasonal mixed berry ⁵
pomegranate energy balance ⁵

BEVERAGES

freshly brewed
REGULAR *or* DECAFFEINATED
COFFEE ⁴

HOT CHOCOLATE ⁵

TEA SELECTION ⁴

english breakfast, earl grey, green,
decaffeinated chamomile

MILK ³

whole, skim, soy, almond

MORNING COCKTAILS ⁸

spicy bloody mary
morning mimosa
peach bellini

SPECIALTY COFFEES

CAPPUCCINO *or* LATTE ⁵

JUICE SELECTION

fresh ORANGE JUICE ⁵

fresh GRAPEFRUIT JUICE ⁵

CARROT JUICE ⁴

chilled APPLE, CRANBERRY,
PRUNE, PINEAPPLE,
TOMATO, V-8® JUICE ⁴

FRUITS

chilled

FRESH FRUIT SALAD
served with GREEK YOGURT ⁸

seasonal

MELON, PAPAYA,
PINEAPPLE, GRAPEFRUIT ⁷

bowl of SEASONAL BERRIES ⁸

BERRY YOGURT PARFAIT ⁷
choice of lowfat or natural yogurt

CEREALS

ASSORTED COLD CEREALS ⁵

BIRCHER MUESLI ⁶

GRANOLA CRUNCH ⁶

OLD FASHIONED OATMEAL ⁵
fresh cream, maple syrup, raisins

SIDES

applewood smoked BACON ⁴

TURKEY *or* PORK SAUSAGE ⁴

VIRGINIA HAM ⁴

SMOKED SALMON ⁵

YOGURT ⁴
natural, reduced fat, Greek

COTTAGE CHEESE ⁴
natural, reduced fat

COUNTRY POTATOES ³

HASH BROWNS ³

SLICED AVOCADO ³

SAUTÉED SPINACH ³