

BREAKFAST

SPECIALTIES

EGG WHITE OMELET	\$10
Smoked turkey, spinach, tomatoes, red onions, feta cheese with a choice of potatoes or fruit cup, Choice of toast	
ALL AMERICAN	\$9
two cage free eggs any style, potatoes, choice of toast and a choice of bacon, pork sausage, vegetable sausage, turkey sausage or grilled ham	
EGGS BENEDICT	\$12
poached eggs over a grilled English muffin and Canadian bacon topped with hollandaise sauce and served with breakfast potatoes	
GRANOLA SUNDAE	\$8
layers of vanilla yogurt, fresh berries and granola served with dessert bread	
CREATE YOUR OWN OMELET	\$9
fluffy three egg omelet filled with your choice of three ingredients, served with breakfast potatoes	
*cheese *onions *peppers *mushrooms *bacon *sausage *ham *tomatoes *spinach substitute egg white omelet or eggbeaters \$2.00	

HEALTHY OPTIONS BREAKFAST

Yogurt Parfait	\$7
fresh fruit, low fat yogurt, honey oat granola	
Oatmeal or Cream of Wheat	\$7
a large bowl of oatmeal or cream of wheat, add: raisins, brown sugar, almonds and choice of milk or cream	
Eggs Benedict Caprese	\$10
poached eggs, wilted spinach, fresh low fat mozzarella, balsamic glaze, toasted honey wheat English muffin.	
Quinoa	\$8
With strawberries, bananas, almonds, and choice of milk	
Fruit Plate	\$7
seasonal fruit and berries served with fruit yogurt or plain yogurt	

BREAKFAST BUFFET

Cold: Honey Oat Granola, fresh fruit, low fat yogurt, low fat cottage cheese, assorted pastries, muffins, bagels **\$7**

Hot: Scrambled eggs, breakfast potatoes, bacon or sausage, breakfast entrée, flour tortilla, salsa, sour cream includes cold buffet {Add \$3 for cage free eggs cooked to order} **\$10**

BREAKFAST FROM THE GRIDDLE

Cinnamon Raisin French Toast **\$8**
raisin bread, dipped in cinnamon vanilla batter, served with maple syrup, whipped butter

Pancake Stack **\$6**
Three pancakes served with butter and maple syrup

Pancake Foster **\$9**
Three pancakes topped with banana and caramel sauce

Strawberries and Cream Pancakes **\$9**
Three pancakes topped with fresh strawberries and whipped topping

Belgium Waffle **\$7**
House-made Belgium waffle served with whipped butter and maple syrup

Waffle Foster **\$10**
House-made Belgium waffle topped with banana's and caramel sauce

Strawberries and Cream Waffle **\$10**
Belgium Waffle topped with fresh strawberries and whipped topping

Pecan Caramel French Toast **\$8**
French toast with a rich butter-caramel sauce

A LA - CART

APPLE CIDER BACON	\$5	GRILLED HAM	\$4
CANADIAN BACON	\$5	ICED TEA	\$3
SAUSAGE	\$5	SOFT DRINKS	\$3
ONE EGG ANY STYLE	\$3	MILK, WHOLE, SKIM SOY, ALMOND	\$3
BAGEL W/CREAM CHEESE	\$4	DANISH PASTRY	\$3
MUFFIN OR CROISSANT	\$3	OATMEAL OR CEREAL	\$4
TOAST	\$3	YOGURT	\$3
FRESH FRUIT CUP	\$4	JUICE	\$3

consuming raw or undercooked meats, poultry, seafood, eggs or shellfish may cause food borne illness if you have certain medical conditions

