

# Breakfast



## **The Continental Breakfast**

A Selection of Homemade Breakfast Pastries, Assorted Seasonal Fruits and Cereals, choice of Juice and Hot Beverage 9

## **Executive Breakfast**

Our Continental Breakfast with Scrambled Eggs, Applewood Smoked Bacon & Maple Sausage 13

## **Chilled Juices**

Freshly Squeezed Orange, Grapefruit, V-8, Apple Juices 3

## **Breakfast Buffet 14**

## **Fresh Seasonal Berries**

with choice of Brown Sugar or Vanilla Yogurt 3.50

**Fresh ½ Grapefruit 2.50**

## **Healthy Alternative**

Seasonal Fruit 4

Piping Hot Oatmeal made with Apple Juice, Brown Sugar, and Raisins 6

A selection of Breakfast Cereals 5

Choice of Bagel with Cream Cheese 4

## **Beverages**

Hot Tea or Hot Chocolate 3

Whole or Skim Milk 2.50

## **Specialty Coffee**

**Costamala 2.50**

Combines the Zest of Winery Costa Ricans with the Richness of Guatemala. These Two Individually Acclaimed Coffees Make One Truly Distinctive Taste.

**Espresso 3      Cappuccino or Latte 3.50**

This is a complex blend of 100% Organic coffees by H.C. Valentine that Swirls in your Mouth. This Espresso offers a Gently Bright Aroma with a Sweet Chocolate and Caramel Flavor.

*Egg Substitutions, Sugar Free Syrup are Available upon Request*

*If you have any specific dietary requests our kitchen staff will be happy to accommodate your request assuming that the ingredients are in season and available*

# Breakfast A La Carte



## **Buttermilk Pancakes (Blueberry, Banana, or Chocolate)**

Accompanied by Warm Vermont Maple Syrup  
and a choice of Breakfast Meats 12

## **Steak and Eggs Benedict**

Two Eggs Poached and Filet Mignon, Served on Toasted English Muffins  
and Hollandaise Sauce 16

## **French Toast Plate**

Served with Vermont Maple Syrup, Berry Compote, and Pecan Butter  
and Choice of Bacon, Sausage or Ham 12

## **Two Eggs Any Style**

with Country Ham, Bacon, Corned Beef Hash,  
or Country Sausage with Oven Roasted Potatoes and a Choice of Bread 13

## **Eggs Florentine**

Toasted English Muffin topped with Spinach Sauce  
with a choice of Smoked Trout, Canadian Bacon, or Petite Filet 17

## **Side Orders 2.50**

Maple Sausage Links, Sausage Patties, Country Ham,  
Sliced Turkey, Breakfast Potatoes, Bacon, Corned Beef Hash, Grits

# Light Fare

## **Ricotta Wrap**

Nonfat Ricotta, Slivered Almonds, Berries and Honey  
in a Whole-Grain Wrap (350 calories) 5

## **Yogurt Crunch**

Plain Yogurt, Walnut Halves, All-Bran, Granola and Cubed Melon  
(350 calories) 5

## **Bacon, Egg and Cheese Muffin**

One Scrambled Egg on a Toasted Whole-Grain English Muffin,  
Topped with a Slice of Turkey Bacon and Reduced-Fat Cheddar.  
Served with 3/4 Cup of Berries, 1/4 cup Low-fat Vanilla Yogurt  
and 12oz Skim Milk. (500 calories) 6

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