BREAKFAST

BEVERAGES

COFFEE OR TEA 5

PREMIUM ORANGE JUICE 6

CRANBERRY, APPLE OR V-8 JUICE 5

MILK AND CHOCOLATE MILK 5

ESPRESSO OR CAPPUCCINO 6

M CLUB BLOODY MARY 14

PROSECCO MIMOSA 16

LIGHTER & SIDES

GREEK YOGURT PARFAIT (360 CAL) 10

House-made almond granola, fresh berries (VT)

FRUIT CUP (100 CAL) 10

Chef's selection of fresh fruits and berries (VG/GF)

CEREAL AND MILK (220-450 CAL) 10

Ask your server for available selections (VT) Bananas, strawberries, or blueberries

STRAWBERRIES & CREAM SMOOTHIE BOWL (425 CAL) 14

Blended with flax & oats Topped with cornflakes, almonds, flax & chia (GF)

K2 PROTEIN OATMEAL 14

Steel-cut oats, banana, granola, warm berries & peanut butter soy-milk drizzle (VG/GF)

STEEL-CUT OATS (300 CAL) 10

Cinnamon, brown sugar and dried fruits (VG/GF)

BACON OR CHICKEN SAUSAGE 6

HOUSE-SMOKED CANADIAN BACON 6

BREAD SERVICE 5

White, wheat or rye toast, English muffin, sweet muffin, pastry, croissant or bagel

HOME-FRIED POTATOES 5

BUFFETS

CONTINENTAL BREAKFAST 20

Oatmeal, cereals, fresh fruits, yogurts, breakfast breads, pastries, cured meat and cheese, coffee and juice

ALL AMERICAN BUFFET 28

The Continental Buffet, PLUS scrambled eggs, potatoes and breakfast meats

MAINS

CLASSIC 2 CAGE-FREE EGGS ANY STYLE 18

Home fries, toast, choice of bacon or chicken sausage

CHICKEN & WAFFLE SANDWICH 17

Sweet & spicy maple chili glaze, over medium cage-free egg, greens and tomatoes

SOFT SCRAMBLED CAGE-FREE EGGS WITH RICOTTA 18

Cranberry pecan toast and tomato relish

MAPLE MARSCARPONE CREAM WAFFLE 18

Fresh berries and toasted almonds

EGGS BENEDICT 19

English muffin, poached cage-free eggs, house-smoked Canadian bacon, and hollandaise greens and tomatoes

EQUII FRENCH TOAST 18

 $\label{thm:less} \mbox{Higher protein, less carbs, enhanced amino acids, sugar free syrup \\$

SMOKED SALMON 18

Everything bagel, cream cheese, capers, onion, tomato

BUTTERMILK PANCAKES 17

 $\label{lem:condition} Add \, strawberries, \, bananas, \, blueberries, \, chocolate \, chips, \, or \, peanut \, butter \, chips$

WESTERN OMELET 18

 ${\tt 3}$ cage-free eggs, ham, peppers, onions, cheddar, home fries and toast

GARDEN FRITTATA (425 CAL) 18

3 cage-free egg whites, spinach, mushrooms, peppers, onions, broccoli, greens and tomatoes

BACON, BROCCOLI, & CHEESE OMELET 18

3 cage-free eggs, bacon, broccoli, gruyere, home fries and toast

Note:

 $Consuming\ raw\ or\ undercooked\ eggs,\ meats,\ poultry,\ seafood,\ or\ shell fish\ may\ increase\ your\ risk\ of\ foodborne\ illness,\ especially\ if\ you\ have\ certain\ medical\ conditions.$

 $Before\ placing\ your\ order, please\ inform\ your\ server\ if\ a\ person\ in\ your\ party\ has\ a\ food\ allergy.$

Applicable state sales tax will be added to all orders.

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