# 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

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**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 CREAMWAFFLE18Fresh 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** Higher protein, less carbs, enhanced amino acids, sugar free syrup

**SMOKED SALMON** 18 Everything bagel, cream cheese, capers, onion, tomato

**BUTTERMILK PANCAKES** 17 Add strawberries, bananas, blueberries, chocolate chips, or peanut butter chips

WESTERN OMELET 18 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 shellfish 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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