

BREAKFAST

SQUEEZED & SLICED

- orange or grapefruit juice 7.
- tomato, V8, apple or cranberry juice 7.
- fresh carrot juice 8.
- nakéd® brand green machine juice 8.
- seasonal berries and whipped cream 13.
- fresh cut fruit bowl 13.
- pink grapefruit and navel orange slices 13.

BAKED

- white, multi-grain wheat, rye, sourdough, english muffin 5.
- new york bagel with cream cheese 10.
- croissant, biscuit, banana-nut, blueberry or bran muffin 7.

CRACKED

- with hash browns and toast 7.
- two eggs** 17.
applewood smoked bacon, premium pork sausage or low fat chicken sausage
- “my” omelet** 18.
choose any three of the following: ham, bacon, sausage, bell pepper, mushroom, tomato, spinach, onion, american, swiss, cheddar, jack, feta cheese
**egg whites and egg beaters available*
- crab cakes benedict** 24.
pan seared crab cakes, poached eggs, hollandaise sauce, crispy hash browns
- california frittata** 18.
avocado, tomato, onion, spinach, swiss cheese

GRIDDLED

- buttermilk pancakes** 15.
fresh blueberries, sweet butter, warm maple syrup
- pom’s avocado toast** 16.
grilled telera bread, avocado, fresh mozzarella, roast tomato, bacon jam, micro greens
- banana bread french toast** 17.
sliced bananas, strawberries, snowflake walnuts, whipped cream, warm maple syrup
- malted belgian waffle** 15.
fresh strawberries, whipped cream, warm maple syrup

POWER START 22.

choose any three of the following:

- fresh carrot juice
- low fat granola
- 2 poached eggs
- green machine juice
- multi-grain wheat bread
- grilled lean ham steak
- seasonal berries
- old fashioned oatmeal
- low fat chicken sausage



BREAKFAST

GRAINS

old fashioned oatmeal 12.
raisins, butter and brown sugar

overnight oats 12.
rolled oats, almond milk, chia seeds,
honey, fresh berries, granola

cold cereal selection 9.
add sliced bananas, strawberries
or chopped walnuts and raisins

all natural low fat granola 10.

granola parfait 12.
fresh berries, non-fat yogurt

TIMELESS

steak and eggs 28.
grilled 8 oz. premium new york steak,
two eggs, hash browns, toast

eggs benedict 20.
poached eggs, canadian bacon, english muffin,
hollandaise, truffle essence, hash browns

norwegian smoked salmon 22.
tomato, onion, capers, bagel, cream cheese

ADDED

premium sausage links, sausage patties, ham steak, hash brown potatoes 7.

canadian bacon, lowfat chicken sausage, taylor pork roll 8.

applewood smoked bacon, biscuits and gravy 9.

coffee, decaf, tea 4. latte, cappuccino, espresso 5.5

HEARTY

gluten-free breakfast casserole 17.5
fresh-baked with eggs, sausage,
cheddar cheese, bell pepper, onions,
potatoes

huevos rancheros 18.
fried eggs, beans, cheddar and jack cheese,
crisp tortilla, ranchero sauce, roasted jalapeno

chorizo and egg skillet 18.
chorizo, scrambled eggs, bell pepper, onion,
potatoes, melted cheddar, queso fresco,
pico de gallo, toast

breakfast wrap 17.
scrambled eggs, sausage, american cheese,
wheat wrap, hash browns

corned beef hash and eggs 18.
house-made crispy hash with potato,
bell pepper, onion, two eggs any style, toast

