



ENERGIZE

Almond Rolled Oatmeal 7
with honey, low-fat milk and cinnamon

Cereal Favorites with Fruit 7.5
choose from a variety of your favorites including
gluten-free rice chex and crunchy granola with
seasonal berries or sliced banana

Banana, Strawberry, and Pineapple Smoothie 6
blended with low-fat yogurt and honey

Berry and Yogurt Parfait 8.5
layered with flax-seeds and all-natural granola

A Big Bowl of Berries 8.5
bright mix of seasonal favorite berries

FEEL GREAT

BLT Poached Eggs 13
hollandaise sauce, arugula, over roasted tomato,
and crispy hash brown potatoes

Chef's Omelet 13
three eggs packed with cured ham, sautéed sweet onions,
aged swiss, and white cheddar; served with crisp hash brown
potatoes and your choice of toast

Benedict Style Hash 12
two sunny up eggs over a sweet potato bacon hash with
hollandaise sauce and your choice of toast

American Breakfast 14
two eggs your way, crispy hash brown potatoes, and your
choice of toast with bacon, sausage, or ham

Egg White Spinach Omelet 14
folded with white cheddar cheese, oven cured tomatoes,
fresh fruit and berries, and dry wheat toast

Delmonico & Eggs 16
8oz steak, two eggs your way, crispy hash brown potatoes,
and your choice of toast

Poached Eggs & Salmon Medallions 14
crispy hash brown potatoes, sautéed spinach,
and hollandaise sauce

MORNING RUSH

Hot Iron-Griddled Belgian Waffle 12
golden deep pocket waffle, whipped cream,
warm maple syrup, and strawberries

Banana Blueberry Pancakes 13
buttermilk pancakes stuffed with bananas and blueberries;
topped with a vanilla bean ricotta cheese and an orange
infused syrup

Colossal Cinnamon Roll 8
fresh baked daily with pecans, brown sugar, cinnamon,
and orange vanilla glaze

Banana Bread French Toast 14
a decadent house made banana bread, dipped in french toast
batter, served with a caramelized banana and warm maple syrup

Caramelized Pear and Blackberry Crepes 12
four house made crepes topped with caramelized pears,
blackberries, brown sugar mascarpone, and a cinnamon
infused syrup

ON THE SIDE

Toasted Bagel with Philadelphia Cream Cheese 4.5
low-fat or regular

Your Choice of Breakfast Pastry or Specialty Breads 4
croissant, assorted danish, wholesome bran muffin,
english muffin or gluten-free bread

Toast and Jam 2.5
white, wheat, rye, or multi-grain

Seasonal Side of Fruits and Berries 5
slices of the season's select fruit and berries

**Crispy Smoked Bacon, Breakfast Links
or Grilled Ham** 4.5

Bowl of Low-Fat Yogurt 5.5

Crispy Golden Hash Brown Potatoes 3

Poached Salmon 5.5

WE'LL FILL YOUR CUP

**Fresh-Brewed Starbucks Coffee
or TAZO® hot tea** 3.5
regular or decaffeinated

We pride ourselves in providing gluten friendly menu choices. While we endeavor to carefully prepare those meals to accommodate a gluten free diet, please be aware that they may be prepared in an environment where gluten is present. Please ask your server to assist you in making your selection. Please consult your physician as to your personal health decisions.

Juice 3
orange, grapefruit, apple, cranberry, pineapple, or tomato

Milk 2.5
non-fat, 2%, whole, soy, or chocolate

**Consuming raw or undercooked meat, seafood,
or eggs may increase your risk of food borne illness*

Executive Chef Kristian R. Young