

SQUEEZED & SLICED

orange or grapefruit juice	4.
tomato, V8, apple or cranberry juice	4.
fresh carrot juice	5.
nakéd® brand green machine juice	5.
seasonal berries and whipped cream	8.75
fresh cut fruit bowl	8.75
pink grapefruit and navel orange slices	7.75

BAKED

7 grain, white, wheat, rye bread, english muffin	3.75
toasted cranberry-walnut bread	4.5
new york bagel with cream cheese	7.
croissant, biscuit, banana-nut, blueberry or bran muffin	4.5

SMOOTHIES

mango tropic	7.5
strawberry-strawberry	7.5
watermelon-cucumber mint	7.5
fortify any smoothie with a vitamin boost	2.

GRAINS

irish steel cut oatmeal with raisins, butter and brown sugar	7.5
cold cereal selection add sliced bananas, strawberries or chopped walnuts and raisins	6.5 2.
all natural low fat granola	7.
granola parfait fresh berries, non-fat yogurt	8.5

POWER START choose any three of the following

fresh carrot juice	•	green machine juice	•	seasonal berries	
low fat granola	•	7 grain bread	•	california oatmeal	
2 poached eggs	•	grilled lean ham steak	•	low fat chicken sausage	14.

CRACKED

with hash browns and toast

two eggs applewood smoked bacon, premium pork sausage or low fat chicken sausage	12.
“my” omelet choose any three of the following: ham, bacon, sausage, bell pepper, mushroom, tomato, spinach, onion, american, swiss, cheddar, jack, feta cheese <i>*egg whites and egg beaters available</i>	13.
seafood florentine omelet with shrimp, lump crab, spinach, asiago cheese, hollandaise glaze	17.
california frittata avocado, tomato, onion, spinach, swiss cheese	14.

GRIDDLED

buttermilk pancakes fresh blueberries, sweet butter, maple syrup	12.
white chocolate macadamia nut pancakes white chocolate drizzle, cocoa dust, maple syrup	13.5
corn crusted brioche french toast fresh berries, cinnamon sugar, whipped cream, maple syrup	12.5
avocado toast grilled telera bread, avocado, fresh mozzarella, roast tomato, bacon jam, micro greens	13.

HEARTY

flourless quiche bacon, ham, roasted tomato, gruyere cheese, fresh fruit, toast	14.
huevos rancheros fried eggs, beans, cheddar and jack cheese, crisp tortilla, ranchero sauce, roasted jalapeno	14.
chicken fried rib-eye steak crisp battered rib-eye steak, country gravy, warm biscuit, two eggs, hash browns	17.
smoked salmon benedict poached eggs, smoked salmon, english muffin, dill béarnaise, chives, capers, hash browns	16.5

breakfast wrap scrambled eggs, sausage, american cheese, wheat wrap, hash browns	12.
corned beef hash and eggs house-made crispy hash with potato, bell pepper, onion, two eggs any style, toast	13.

TIMELESS

steak and eggs grilled 8 oz. premium new york steak, two eggs, hash browns, toast	23.
eggs benedict poached eggs, canadian bacon, english muffin, hollandaise, black truffle, hash browns	15.5
norwegian smoked salmon tomato, onion, capers, bagel, cream cheese	16.5

ADDED

premium sausage links, sausage patties, ham steak, hash brown potatoes	4.
applewood smoked bacon, canadian bacon, lowfat chicken sausage, taylor pork roll biscuits and gravy	4.75 5.
coffee, decaf, tea	3.75
latte, cappucino, espresso	5.