

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 19.
applewood smoked bacon,
premium pork sausage or
low fat chicken sausage
- “my” omelet 20.
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*
- eggs and pancakes 20.
two eggs any style, two buttermilk pancakes,
blueberries, warm maple syrup, two sausage,
two strips of bacon
- california frittata 20.
avocado, tomato, onion, spinach,
swiss cheese

GRIDDLED

- buttermilk pancakes 16.
fresh blueberries, sweet butter,
warm maple syrup
- pom’s avocado toast 17.
grilled telera bread, avocado, fresh mozzarella,
roast tomato, bacon jam, micro greens
- crispy french toast 17.
cornflake crust, fresh strawberries,
whipped cream, warm maple syrup
- malted belgian waffle 16.
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 5.

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 21.
poached eggs, canadian bacon, english muffin,
hollandaise, truffle essence, hash browns

norwegian smoked salmon 23.
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

corned beef hash and eggs 19.
house-made crispy hash with potato,
bell pepper, onion, two eggs any style, toast

huevos rancheros 19.
fried eggs, beans, cheddar and jack cheese,
crisp tortilla, ranchero sauce, roasted jalapeno

chilaquiles 20.
two eggs any style, braised tortillas, ranchero sauce,
queso fresco, sour cream, avocado, cilantro

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

choizo and egg skillet 19.
chorizo, scrambled eggs, bell pepper, onion,
melted cheddar, queso fresco, pico de gallo, toast

