

FRUIT & CEREAL

FRESH FRUIT PLATE \$10

With honey yoghurt sauce and home made banana nut bread

OATMEAL \$5

With cinnamon, raisins and brown sugar

YOGHURT \$5

Vanilla or Strawberry yoghurt with granola and strawberries

SELECT FRUIT:

Apple \$1.25 Orange \$1.25 Banana \$1 ½ Grapefruit \$3 ½ Melon \$5

HOT FROM THE GRILL

SERVED WITH FRESH FRUIT CUP AND YOUR CHOICE OF BREAD:

WHITE, WHEAT, MULTI-GRAIN, MARBLE RYE, ENGLISH MUFFIN OR WHOLE WHEAT ENGLISH MUFFIN

EGGS YOUR WAY

Organic eggs prepared to your specifications; crisp hash browns and your choice of accompaniment

2 eggs \$8

3 eggs \$9

PANCAKES

Golden brown with maple syrup and your choice of accompaniment

Traditional Buttermilk \$7

Blueberry \$7

Multigrain \$7

EGGS BENEDICT \$10

Delicately poached eggs atop a toasted English muffin with grilled Canadian bacon and finished with rich Hollandaise

SMOKED SALMON BENEDICT \$12

Smoked salmon, poached organic eggs, whole wheat English muffin finished with pepper and spinach infused low fat sour cream sauce

OMELETS

CHOICE OF ORGANIC EGGS OR EGG BEATERS; SERVED WITH CRISP HASH BROWNS AND YOUR CHOICE OF ACCOMPANIMENT

WESTERN OMELET \$11

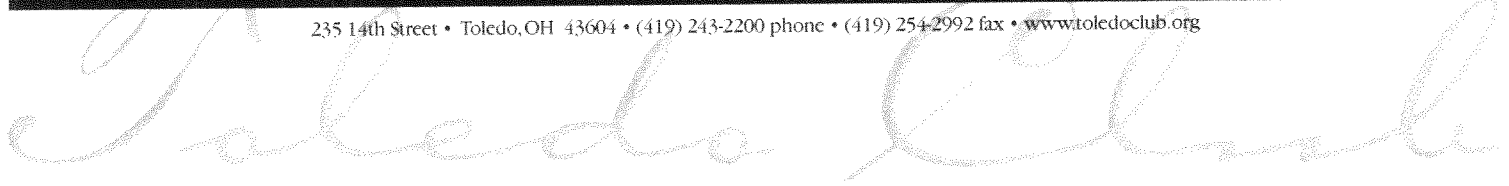
Filled with bell pepper, onion, ham and cheese

CHEESE OMELET \$10

Filled with a blend of cheddar, Swiss and asiago cheese

TURKEY AND SPINACH OMELET \$11

Filled with roasted turkey, spinach and low fat feta cheese



ACCOMPANIMENTS

SMOKED BACON \$3
SAUSAGE LINK \$3
SAUSAGE PATTY \$3
HASH BROWNS \$3
YOGHURT \$3
GRILLED HAM \$3

GRAINS

ENGLISH MUFFIN \$2
MINI MUFFINS \$2
DANISH \$2
BREAD: WHEAT, WHITE, MULTI-GRAIN OR RYE \$1.50
BAGEL W/CREAM CHEESE \$3

BEVERAGES

COFFEE \$3
TEA \$3
JUICE: ORANGE, GRAPEFRUIT, TOMATO \$3
FRESH SQUEEZED JUICE: ORANGE OR GRAPEFRUIT \$4
MILK: WHOLE, 2%, SKIM OR CHOCOLATE \$3

A LA CARTE

ITEM FOR OMELET \$0.50 EACH
ITEM FOR HASH BROWNS \$0.25 EACH

The consumption of raw or undercooked foods such as beef, chicken or shellfish which may contain harmful bacteria, may cause serious illness or death.

