

good morning

HEALTHY START

Greek Yogurt Parfait \$9

Layers of greek yogurt, honey, granola, & fresh berries

Strawberry Banana Smoothie \$9

Fresh strawberries & bananas blended with soy milk, yogurt, & honey

Apple Cinnamon Oatmeal \$10

Steel cut oats, Soy milk, sautéed apples, honey, & cinnamon

***Can substitute Cranberries or Raisins*

THE CLASSICS

All American Breakfast \$14

Two eggs over, up, or scrambled served with breakfast potatoes, & your choice of bacon, ham, or sausage. Choice of toast

Thick Cut French Toast \$13

Batter dipped & seared to a golden brown. Topped with walnuts, powdered sugar, & fresh berries & served with whipped cream

Farm Fresh Egg Scrambler \$13

Three farm fresh eggs scrambled with hickory smoked bacon, crispy potatoes, & shredded cheddar cheese. Choice of toast

PANCAKES & WAFFLES

Your choice of pancakes or waffles \$13

Whipped cream & maple syrup

Select up to Four Fillings:

- Strawberries
- Blueberries
- Bananas
- Walnuts
- Cranberries
- Raisins
- Chocolate Chips
- M&M's

SEASONAL FEATURES

Crunchy Stuffed French Toast \$15

Country white bread batter dipped & pan seared with crunchy cereal. Stuffed with walnuts, raisins, brown sugar, & bananas

Healthy Start Breakfast Burrito \$14

Egg whites, black beans, onions, peppers, avocado, & pepper jack cheese in a whole wheat wrap. Served with breakfast potatoes & a side of salsa

Egg White Frittata \$13

Egg whites baked with ham, onions, peppers, spinach, mushrooms, & Feta Cheese. Served with breakfast potatoes & choice of toast

SIDES

- Bacon, Sausage, or Ham \$4
- Crispy Potatoes \$5
- Bagel with Cream Cheese or Butter \$4
- Cup of Yogurt \$4
 - Vanilla or Fruit Flavored*
- Mixed Fruit & Berries \$8
- Assorted Cereals \$4
 - Gluten Free Available*
- Freshly Baked Muffin or Danish \$2
- Toast with Butter or Jelly \$2
 - Wheat, White, Rye, or English Muffin*

BEVERAGES

- Juice \$3
 - Orange, Grapefruit, Apple, Cranberry or Tomato*
- Milk \$3
 - Non-fat, 2%, Whole, Chocolate, or Soy*
- Tazo Tea \$3
 - Choose from a selection of Black & Green Teas*

STARBUCKS COFFEE

- Cappuccino \$5
- Latte \$5
- Espresso \$4
- Regular or Decaffeinated \$3

FARM FRESH OMELETS

Your choice of eggs or egg whites \$13

Breakfast potatoes and choice of toast

Select up to Four Components:

- Mushroom
- Spinach
- Ham
- Pepper Jack
- Peppers
- Asparagus
- Sausage
- Swiss
- Onions
- Bacon
- Cheddar

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

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.