

# breakfast menu

6:00 am to 11:00 am

## BUFFET 6:00 am to 10:00 am

### Continental Buffet \$9.75

Orange or grapefruit juice, fresh fruit, yogurt, cereal bar, danish, muffins, croissants, coffee and tea.

### Breakfast Buffet \$12.95

All items on our continental buffet with the addition of scrambled eggs, potatoes and breakfast meat.

## EGG COMBINATIONS

### All American \$8.25

Two eggs with ham, bacon, or sausage.

Ham	cal 247	fat 14.4g	chol 433mg	carbs 18.5g
Bacon	cal 555	fat 22.9g	chol 447mg	carbs 18.3g
Sausage	cal 254	fat 14.4g	chol 340mg	carbs 1g

### New York Steak & Eggs \$16.50

7-oz. New York steak, broiled to your liking with two eggs, any style.

cal 824 | fat 45.6g | chol 692mg | carbs 16.8g

## FROM THE GRIDDLE

### Buttermilk Pancakes \$5.75

cal 480 | fat 4.5g | chol 15mg | carbs 33g

#### SHORT STACK \$4.75

cal 320 | fat 3g | chol 10mg | carbs 64g

### Blueberry Pancakes \$7.50

cal 480 | fat 5g | chol 15mg | carbs 54g

#### SHORT STACK \$5.50

cal 402 | fat 3.5g | chol 10mg | carbs 85g

### Sourdough French Toast \$5.50

cal 244 | fat 15g | chol 420mg | carbs 33.4g

## FRUIT & JUICES

Apple, Pineapple, Tomato, V8.... \$2.95  
or Cranberry Juice

Orange or Grapefruit Juice..... \$3.25

## DRINKS

Coffee, Regular or Decaf ..... \$3.00  
Herb Tea or Green Tea ..... \$3.00  
Hot Chocolate ..... \$3.00  
Glass of Milk ..... \$2.75  
Bottled Water..... \$2.75

## OMELETTES All egg dishes served with toast, hashbrowns, or english muffin

### Denver Omelette \$7.95

Three eggs, diced ham, onion and bell pepper.

cal 338 | fat 20.6g | chol 637mg | carbs 68g

### Vegetarian Omelette \$7.95

Three eggs, spinach, onions, mushroom and garden vegetables.

cal 352 | fat 20g | chol 630mg | carbs 81g

### Ham & Cheese Omelette \$7.95

Three eggs, diced ham, choice of Swiss, monterey jack or cheddar cheese.

cal 406 | fat 30g | chol 665.5mg | carbs 51.65g

*Egg Beaters available upon request.*

### Eggs Benedict \$8.95

Two poached eggs on a toasted english muffin with Canadian bacon and Hollandaise sauce.

cal 806 | fat 76.5g | chol 617mg | carbs 46.4g

### Corned Beef Hash & Eggs \$8.95

Corned beef hash grilled and topped with two eggs, any style.

cal 530 | fat 23.6g | chol 550mg | carbs 40.8g

*Egg Beaters available upon request.*

## HEALTHY SPECIALTIES

### Fruit Yogurt or Cottage Cheese \$3.75

Yogurt	cal 170	fat 1.5g	chol 10mg	carbs 33g
Cheese	cal 90	fat 2.5g	chol 15mg	carbs 6g

### Assorted Cereal \$3.75

### Assorted Cereal w/Fruit \$4.75

### Granola \$4.50

### Oatmeal w/Raisins, Brown Sugar \$5.25

cal 296 | fat 3g | chol 0mg | carbs 62g

### Oatmeal w/Bananas or Berries \$6.25

cal 229 | fat 3g | chol 0mg | carbs 48g

### Bowl of Mixed Fruit \$6.25

cal 70 | fat 0g | chol 0mg | carbs 17g

### Seasonal Berries \$6.25

## BE AN INDIVIDUAL

### One Egg, Any Style \$2.50

cal 85 | fat 5.8g | chol 245mg | carbs .4g

### (with Hash Browns \$3.75)

cal 155 | fat 5.8g | chol 245mg | carbs 49g

### Two Eggs, Any Style \$3.95

cal 170 | fat 11.6g | chol 490mg | carbs .8g

### (with Hash Browns \$4.50)

cal 240 | fat 11.6g | chol 490mg | carbs 64g

### Sides (Ham, Bacon, or Sausage) \$4.50

Ham	cal 37	fat 1.4g	chol 13mg	carbs .3g
Bacon	cal 172	fat 13.2g	chol 36mg	carbs 4g
Sausage	cal 170	fat 14g	chol 35mg	carbs 1g

## BAKED GOODS

### Danish, Muffin, or Croissant \$2.75

Danish	cal 334	fat 15.9g	chol 19mg	carbs 45.1g
Muffin	cal 183	fat 4.39g	chol 20mg	carbs 31.7g
Croissant	cal 310	fat 18g	chol 45mg	carbs 32g

### Plain Bagel w/Cream Cheese \$3.95

cal 380 | fat 7g | chol 35mg | carbs 59g

### English Muffin \$2.75

cal 120 | fat 1g | chol 0mg | carbs 25g

### Toast \$2.50

