






Main Dishes





Parfait low fat yogurt house granola seasonal berries 	8
Steel Cut Oatmeal banana toasted walnuts cinnamon 	9
Buttermilk Pancakes real maple whipped butter bacon or sausage	14
French Toast berries braided challah real maple whipped butter	14
The following served with choice of hash browns or mixed green salad and choice of toast	
*Soft Rolled Omelet choice of side: bacon, sausage or turkey bacon` cheddar mushrooms tomatoes spinach	15
*Vinifera Breakfast two eggs bacon or sausage	12
*Egg White Omelet broccoli cheddar plum tomato 	14
*Frittata eggbeaters avocado tomato feta cheese asparagus 	15
*Smoked Salmon Bagel fried egg tomato cream cheese dill yogurt	12

Beverages

Freshly Brewed Starbucks Coffee regular decaffeinated	4
Starbucks Cappuccino regular decaffeinated	5
Starbucks Espresso regular decaffeinated	4
Tazo Tea-choice chai green herbal earl gray mint	4
Saratoga Spring Water sparkling still	6
Juice-choice orange grapefruit apple pineapple cranberry tomato	4
Milk-choice whole skim 2% soy almond chocolate	3

 "These nutritional powerhouse foods can help extend your health span, the extent of time you have to be healthy, vigorous and vital". Dr. Steven Pratt, author of Super Foods

Sides

Hash Browns	3
Breakfast Meats-choice applewood bacon sausage turkey bacon	5
Cereal-choice 	5
cheerios all bran frosted flakes raisin bran rice crispies whole skim 2% milk	
Morning Breads-choice danish croissant toast muffin	3
Greek Yogurt-choice blueberry peach strawberry	4
Bagel-choice w/cream cheese Plain whole wheat cin. raisin sesame	4
Granola 	6
dry fruit coconut pecans oats maple	
Fruit or Berries 	7
Seasonal assortment	
Smoothie 	6
Blueberry banana soy milk yogurt	

*May contain raw or undercooked ingredients. Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase the possibility of foodborne illness; especially if you have certain medical conditions / 18% Gratuity will be added to parties of 6 or more

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