

FROLIK

Healthy Start

Yogurt Parfait

vanilla greek yogurt, mixed berries, granola

Farmer's Market Fruit

montage of washington's best fruit (vegan)

Steel-Cut Oatmeal

berry compote, candied pecans (vegan)

Avocado Toast

tomato, radish, pickled onion, ricotta

elevate: \$4 one egg any style, \$6 smoked salmon

"Everything" Lox

smoked salmon, cream cheese, tomato, pickled onion

elevate: \$4 one egg any style, \$4 avocado

On the Sweeter Side of Things

Seasonal Waffles

honey butter, bourbon maple syrup, smoked bacon

elevate: \$9 fried chicken

Blueberry Pancakes

mixed berry compote, powdered sugar, maple syrup

Frolik Classics

18

The Frolik Breakfast

two eggs any style, potatoes, toast (df)

choice of chicken sausage, pork sausage or bacon

18

Ham & Cheddar Omelet

smoked ham, flagship cheddar

17

Crab Omelet

dungeness crab, chives, boursin herb cheese

17

PNW Farmer's Omelet

wild mushroom, onion, tomato, flagship

28

Eggs Benedict

english muffin, hollandaise, ham, poached egg

elevate: \$9 smoked salmon, \$4 avocado

22

Crab Benedict

english muffin, hollandaise, dungeness

crab, poached egg

21

Ciabatta Egg (B)asil LT

basil pesto, lettuce, tomato

elevate: \$9 smoked salmon, \$4 avocado

24

Daily Bundle

includes coffee or juice (orange, cranberry or apple)

Pastry & Yogurt

croissant, greek yogurt

15

Small Steel-Cut Oatmeal

berry compote

15

Breakfast Bowl

scrambled egg, house potatoes

15

Bread Corner

Croissant | Chocolate Croissant

9

Wheat | Sourdough | Marble Rye | Gluten Free

7

Plain Bagel | Everything Bagel

7

elevate: \$2 cream cheese

Sides

Avocado

9

Fruit & Berries

9

Breakfast Potatoes

9

Applewood Smoked Bacon

9

Chicken Apple Sausage

9

Pork Sausage

9

Consuming undercooked meats, eggs, shellfish, seafood & poultry can increase your risk of food borne illness. Some of our eggs are undercooked such as sunny-side-up, soft-boiled, and soft poached and are served only upon request (consumption of raw eggs may result in food borne illness).

FROL!K

Power Up Smoothies & Juices

Deep Roots 13
carrot, beet, apple (vegan)

Cold Pressed Carrot Ginger 13
orange, carrot, turmeric, ginger (vegan)

Green Smoothie 15
washington apple, spinach, ginger, pineapple (vegan)

Banana & Mixed Berry Smoothie 15
greek yogurt, agave, coconut water

Juice 7
orange, cranberry or apple

Coffee & Tea

Coffee 5

Cappuccino | Latte 6

Espresso 6

Tea 5

green tea, black tea, chamomile or mint
elevate: \$1 flavored syrup, \$1 non-dairy milk alternative

Morning Cocktails

Motif Mary 19
classic bloody mary, tajin

Salty Chihuahua 19
codigo, lime, grapefruit, campari, salt

Irish Coffee 19
jameson, whipped cream

We no longer accept cash payments. We do offer other payment options including all major debit and credit cards.

Parties of 6 or more will be presented one check. A 20% service charge is added to each check. 85% of the service charge will be distributed to the team who served you today, 15% will be retained by the hotel.
Added gratuity is at the guest's discretion.