

starters & light fare iii

YOGURT BANANA SMOOTHIES Δ

purple power | acai, blueberries, flaxseed | 9

spa | kale, pineapple, cucumber | 8

mocha | banana, dates, protein, cacao | 9

balance | ginseng, melon, chia seed, basil | 8

summer | strawberry, blossom honey, orange, aloe | 9

add spirulina or bee pollen | 2

A SELECTION OF COLD CEREALS

choice of milk, strawberries & bananas | 9

HOUSE MADE FRUIT & NUT GRANOLA Δ

skim milk & seasonal berries | 12

TREE & VINE RIPENED FRUIT Δ

locally made yogurt, honey & seasonal berries | 14

ORGANIC STEEL CUT OATS Δ

irish gold seal oats, raisins & brown sugar | 11

breakfast bakery iii

PASTRY BASKET

today's selection of breakfast bakeries with preserves & farm butter | 9

TOASTER

toast | white, wheat, oatnut, biscuit or english muffin 3

toasted bagel with cream cheese 5

sides iii

country pork sausage 5

applewood smoked bacon 5

grilled tomato 3

skillet potatoes 4

chicken sausage 5

sautéed spinach & asparagus 7

seasonal berries 5

organic eggs 6

breakfast
espresso

entrees iii

LOCH DUART SCOTTISH SMOKED SALMON

toasted bagel, watercress & traditional condiments | 21

AVOCADO TOAST

grilled artisan bread crostini with crushed avocado, two fried duck eggs, lemon oil, cracked black pepper & smoke salmon crackling's | 24

SPA BREAKFAST

egg whites, spinach, roasted tomatoes, hand cured bacon & fresh mozzarella on grilled flatbread | 17

TAVERN BREAKFAST Δ

two farm fresh brown eggs any style & skillet potatoes with apple smoked bacon, house cured ham or country sausage | 16

EGGS BENEDICT

poached eggs with house cured ham or spinach & roasted tomatoes on buttermilk biscuit with hollandaise & skillet potatoes | 18

CHILAQUILES Δ

fried eggs, ancho corn tortillas, refried black beans & chile verde | 16

CORN BEEF HASH Δ

black angus corned beef brisket with poached organic brown eggs, sweet potato, onions & santa fe green chiles | 19

OMELET BY DESIGN Δ

choice of cheese, peppers, mushrooms, onions, tomato, ham, spinach, bacon or sausage with skillet potatoes & grilled tomato | 16

BELGIAN WAFFLES

candied walnuts, black strap molasses, marshmallows, nutella, & vermont maple syrup | 15

ALPINE BERRY BUTTERMILK PANCAKES

select mountain & western berries | 15

ALMOND & ORANGE BRIOCHE FRENCH TOAST

spiced apricots, marcona almonds, vermont maple syrup | 16

Δ Gluten Free

