

CONTINENTAL

OPEN FACE NEW YORKER 255 / 21•21•10 / 27	12
smoked salmon, cream cheese, onion, capers, sprouted hemp bagel	
SMOKED SALMON & GOAT CHEESE FLATBREAD 430 / 51•22•15 / 4	12
crisp flatbread, smoked salmon, goat cheese spread, capers, red onions	
THE CONTINENTAL 270 / 36•25•3 / 2	12
greek-style yogurt, fresh fruit and choice of toast, muffin or breakfast bread	
BAGEL WITH CREAM CHEESE 370 / 43•22•13/14	8
sprouted hemp bagel and cream cheese served with fruit salad	
OUR OWN GRANOLA GF 340 / 46•27•6 / 5	12
with greek-style yogurt and berries	
ALPINE MUESLI GF 220 / 30•9•9 / 5	7
a blend of oats, apples, berries, yogurt and almonds	
BROWN RICE CEREAL GF 210 / 46•3•1 / 3	7
homemade blueberry preserves and brown sugar	
STEEL CUT OATMEAL GF 325 / 61•12•5 / 8	6
blueberries and maple syrup	
SEASONAL FRUIT SALAD GF 115/ 29•2•1 / 5	8
dressed with passion fruit and mint	

ORGANIC EGGS

OMELET* GF 370 / 41•20•15 / 5	12
breakfast potatoes, fruit salad and your choice of fillings: onion, bell pepper, mushroom, tomato, spinach, goat cheese, feta cheese, fresh mozzarella, white cheddar	
ALL AMERICAN* GF 385 / 36•25•16 / 4	12
two eggs any style served with fruit salad, house-made chicken sausage and breakfast potatoes	
POACHED EGG "BENEDICT"* 355 / 30•26•15 / 5	13
poached egg atop our signature seafood cake with Creole sauce and whole wheat toast	
MEDITERRANEAN EGG* 290 / 33•14•12 / 7	11
fried egg served on a hummus patty topped with warm babbaganoush and cilantro microgreens	
FRITTATA OF THE DAY	10
ask your server for today's selection	

SWEET

WHOLE WHEAT PANCAKES 345 / 63•8•8 / 4	10
simply served with warm maple syrup and fruit salad	
FRESH BERRY PANCAKES 370 / 70•9•8 / 5	11
choice of seasonal berries served with warm maple syrup and fruit salad	
BANANA PANCAKES 345 / 72•7•6 / 5	11
with blueberry syrup	
SWEET POTATO PANCAKES 305 / 62•8•4 / 4	11
with warm maple syrup and fruit salad	
VEGAN PANCAKES 365 / 69•9•6 / 3	11
with warm maple syrup and fruit salad	
TRADITIONAL FRENCH TOAST 235 / 41•7•6 / 4	11
whole-wheat bread with warm maple syrup and fruit salad	
substitute gluten-free bread 285 / 37•12•10 / 4	
CRANBERRY WALNUT FRENCH TOAST 235 / 40•6•6 / 3	11
cranberry walnut French toast with warm maple syrup and fruit salad	

SIDES

BREAKFAST POTATOES 140 / 28•3•2 / 3	4
SIDE EGG 75 / tr•6•5 / 0	3
HOUSE MADE CHICKEN SAUSAGE PATTY 75 / 1•9•3 / 0	4
TURKEY BACON 35 / 1•tr•6 / 0	4
VEAL BACON 35 / 1•tr•6 / 0	4
SCONE OF THE DAY ask your server	4
MUFFIN OF THE DAY ask your server	4
BANANA BREAD 160 / 31•4•3 / 3	4
TOAST WITH BUTTER AND HOMEMADE PRESERVES 250 / 37•5•10 / 4	4
GLUTEN-FREE TOAST WITH BUTTER AND HOMEMADE PRESERVES 415 / 74•6•13 / 7	4