

# home made breads

- APPLE CINNAMON MUFFIN 140 / 25 . 3 . 3 / 2
- GLUTEN-FREE FRUIT MUFFIN GF V 120 / 23 . 2 . 2 / 2
- WHEAT BRAN RAISIN MUFFIN 135 / 25 . 5 . 4 / 5
- CRANBERRY PECAN BREAD V 110 / 19 . 3 . 3 / 1
- SPROUTED MULTI-GRAIN BREAD V 90 / 18 . 3 . 1 / 1
- GOLDEN FLAX SEED BREAD V 125 / 22 . 5 . 2 / 2
- OAT BREAD GF 125 / 20 . 6 . 3 / 3  
Made with Certified Gluten-Free oats

## balanced selection

- EGG WHITE OMELET GF 105 / 7 . 13 . 2 / 1  
With vegetable filling & low-fat cheese
- GOLDEN FLAX SEED BREAD V 125 / 22 . 5 . 2 / 2
- FRESH FRUIT PLATE GF V 120 / 30 . 2 . 1 / 6

Our Balanced Selection, if chosen at all three meals each day, provides 1600 to 1800 calories per day

## accompaniments

- CHICKEN SAUSAGE PATTY (1) GF 75 / 1 . 9 . 3 / tr
- ALMOND BUTTER DELIGHT (2T) GF 65 / 5 . 4 . 4 / tr  
A blend of almond butter, nonfat ricotta cheese, vanilla and honey
- FRUIT PRESERVES (2T) GF V 45 / 11 . tr . tr / 1
- APPLE BUTTER (2T) GF V 50 / 13 . tr . tr / 1
- LOW-FAT CREAM CHEESE (1T) GF 50 / 1 . 2 . tr / tr
- BAGELS V
- WHOLE-WHEAT (HALF) 195 / 37 . 11 . 3 / 5
- PUMPERNICKEL (HALF) 165 / 34 . 6 . 1 / 3
- PEACH PEAR SMOOTHIE GF V 180 / 45 . 3 . 1 / 5  
With Protein Powder GF V 236 / 46 . 15 . 1 / 5
- VANILLA KEFIR (1/2 CUP) GF 80 / 13 . 6 . 1 / 2  
Kefir is a creamy yogurt-like beverage with live probiotic cultures, the good-for-you bacteria that support healthy digestive and immune systems

## omelet station & breakfast bar

Visit our breakfast bar to find an array of fresh fruits, fruit juices, cereals, homemade breads, and accompaniments such as yogurt, cottage cheese and almond delight spread

Build your own omelet at our omelet station using organic eggs or egg whites, and fillings such as tofu bacon, vegetables, herbs and cheese

### Nutrient Analysis

Calories / carb grams . protein grams . fat grams / fiber grams tr = trace (less than 1 gram)  
A = Contains a trace of alcohol V = Vegan (contains no animal product) GF = Gluten-Free (no wheat, rye or barley)

# eggs & omelets

## ALL AMERICAN BREAKFAST 365 / 33 . 26 . 14 / 3

Two eggs any style, served with chicken sausage patty, fruit salad and your choice of toast

## BREAKFAST BURRITO

Scrambled egg wrapped in a whole-wheat tortilla, served with a side of pico de gallo salsa

Egg whites burrito 235 / 30 . 14 . 7 / 3

One whole egg & two egg whites 295 / 30 . 17 . 12 / 3

Add vegetable filling 25 / 6 . 1 . tr / 1

Add low-fat cheese 55 / tr . 3 . 5 / tr

## OMELETS GF

Egg whites only 45 / 1 . 9 . tr / 0

One whole egg & two egg whites 105 / 1 . 13 . 5 / 0

Add vegetable filling 25 / 6 . 1 . tr / 1

Add low-fat mozzarella cheese 35 / tr . 3 . 2 / tr

## SIDE EGG GF 75 / tr . 6 . 5 / 0

Cooked any style

# specialties

## CANYON RANCHEROS GF 350 / 38 . 20 . 10 / 9

Our take on Huevos Rancheros.

Grilled corn tortilla topped with mashed pinto beans and broiled with cheddar cheese, served with a poached egg and pico de gallo salsa

## LOX AND BAGEL 290 / 40 . 17 . 8 / 5

Half a whole-wheat bagel with low-fat cream cheese

## WHOLE-WHEAT PANCAKES (3) 340 / 64 . 9 . 6 / 3

Served with maple syrup

## WHOLE-WHEAT FRUIT PANCAKES (3) 365 / 70 . 10 . 6 / 4

Choice of blueberry, apple, mango or banana, served with maple syrup

## MESQUITE FLOUR PANCAKES (3) GF 375 / 71 . 11 . 7 / 4

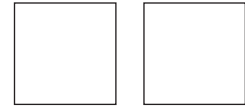
Made with native gluten free mesquite bean flour and cashew butter, served with maple syrup

## FRENCH TOAST 260 / 47 . 18 . 12 / 3

Homemade multi-grain bread served with maple syrup and walnuts

## CRANBERRY PECAN FRENCH TOAST 295 / 47 . 9 . 9 / 2

Homemade cranberry pecan bread served with maple syrup



# cereals

## HOT STEEL-CUT OATS GF V

155 / 26 . 7 . 3 / 4

Made with Certified Gluten-Free oats

## OATMEAL BRÛLÉE GF V

190 / 31 . 7 . 5 / 4

With a turbinado sugar crust topped with chopped pecans

Made with Certified Gluten-Free oats

## HOT SEVEN-GRAIN CEREAL V

95 / 14 . 4 . 1 / 1

## HOMEMADE GRANOLA GF V

Contains nuts and made with Certified Gluten-Free oats  
200 / 33 . 5 . 6 / 4

with a side of vanilla kefir GF 280 / 46 . 11 . 7 / 5

with a side of plain lowfat yogurt GF

260 / 42 . 10 . 7 / 5

*Cold cereals and Alpine Muesli (contains nuts and made with Certified Gluten-Free oats) are available at the breakfast bar*

\* Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of food borne illness, especially if you have certain medical conditions.

Please let your server know your time restrictions. If you have food allergies or sensitivities, please let your server know.

We offer a variety of freshly prepared gluten-free items (no wheat, rye or barley), however our kitchens are not gluten-free environments.