

## balanced selection

Our Balanced Selection, if chosen at all three meals each day, provides 1600-1800 calories and 2300 mg sodium per day.

EGG-WHITE OMELET GF **105**.7.13.2.1.234  
With vegetable filling & low-fat cheese

FRESH FRUIT PLATE GF,V **120**.30.2.1.6.1

APPLE RAISIN MUFFIN **150**.28.3.3.2.204

## homemade breads

APPLE RAISIN MUFFIN **150**.28.3.3.2.204

GLUTEN-FREE FRUIT MUFFIN GF,V **120**.23.2.2.2.104

WHEAT BRAN RAISIN MUFFIN **135**.25.5.4.5.141

CRANBERRY PECAN BREAD V **110**.19.3.3.1.203

SPROUTED MULTIGRAIN BREAD V **90**.18.3.1.1.141

CHALLAH BREAD **85**.15.3.1.2.107

GLUTEN-FREE BREAD GF **115**.20.5.3.3.214

## accompaniments

CHICKEN SAUSAGE PATTY (1) GF **75**.1.9.3.tr.149

ALMOND BUTTER DELIGHT (2T) GF **65**.5.4.4.tr.13  
A blend of almond butter, nonfat ricotta cheese, vanilla and honey

FRUIT PRESERVES (2T) GF,V **45**.11.tr.tr.1.6

APPLE BUTTER (2T) GF,V **50**.13.tr.tr.1.13

LOW-FAT CREAM CHEESE (1T) GF **50**.1.2.tr.tr.80

BAGELS V

Whole-Wheat (half) **195**.37.11.3.5.340

Pumpernickel (half) **165**.34.6.1.3.310

PEACH PEAR SMOOTHIE GF,V **180**.45.3.1.5.5

With protein powder GF **235**.46.15.1.5.80

VANILLA KEFIR (½ CUP) GF **80**.13.6.1.2.63

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, cold 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 . sodium mg (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. Please note: Our kitchens are not gluten-free environments.

# eggs & omelets

**ALL AMERICAN BREAKFAST** 365.33.26.14.3.429  
Two eggs any style, served with chicken sausage patty, fruit salad and your choice of toast  
With gluten-free bread GF 390.36.27.16.5.487

**BREAKFAST BURRITO**  
Scrambled eggs wrapped in a whole-wheat tortilla, served with a side of pico de gallo salsa  
Egg whites burrito 235.30.14.7.3.419  
One whole egg & two egg whites 295.30.17.12.3.442  
Add vegetable filling 25.6.1.tr.1.5  
Add low-fat cheese 55.tr.3.5.tr.88

**OMELETS** GF  
Egg whites only 45.1.9.tr.0.141  
One whole egg & two egg whites 105.1.13.5.0.164  
Add vegetable filling 25.6.1.tr.1.5  
Add low-fat mozzarella cheese 35.tr.3.2.tr.88

**SIDE EGG** GF 75.tr.6.5.0.70  
Cooked any style

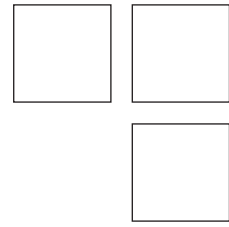
# cereals

**BROWN RICE CEREAL** GF  
Japanese style (Congee) with smoked fish, ginger, ume plum, scallions and nori 195.29.11.4.2.345  
Brown sugar, prunes, 5-spice, orange zest V 195.44.3.1.2.25  
Blueberry preserves, brown sugar and cinnamon V 210.46.3.1.3.35

**STEEL-CUT OATS** GF,V 155.26.7.3.4.4  
Made with Certified Gluten-Free oats

**OATMEAL BRÛLÉE** GF,V 190.31.7.5.4.4  
With a turbinado sugar crust topped with chopped pecans.  
Made with Certified Gluten-Free oats

**HOMEMADE GRANOLA** GF,V 215.34.6.7.4.49  
Contains nuts and made with Certified Gluten-Free oats  
With a side of vanilla kefir GF 295.47.12.8.5.112  
With a side of plain lowfat yogurt GF 275.43.11.8.5.124



# specialties

**CANYON RANCHEROS** GF 350.38.20.10.9.388  
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 & BAGEL** 290.40.17.8.5.442  
Half a whole-wheat bagel with low-fat cream cheese

**WHOLE-WHEAT PANCAKES (3)** 340.64.9.6.3.469  
Served with maple syrup

**WHOLE-WHEAT FRUIT PANCAKES (3)**  
365.70.10.6.4.469  
Choice of blueberry, apple, mango or banana, served with maple syrup

**MESQUITE FLOUR PANCAKES (3)** GF  
345.66.12.6.6.666  
Made with native gluten-free mesquite bean flour and cashew butter, served with maple syrup

**FRENCH TOAST** 305.42.12.9.3.288  
Homemade whole-wheat Challah bread, served with maple syrup

**CRANBERRY PECAN FRENCH TOAST**  
295.47.9.9.2.431  
Homemade cranberry pecan bread, served with maple syrup

**GLUTEN-FREE FRENCH TOAST** GF 305.42.12.9.3.288  
Homemade gluten-free bread, served with maple syrup

\* 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.