

Beverages

LAMILL TEAS

organic and fair trade certified

ICED TEAS

Classic Bergamot / Herbal Crimson Berry

HOT TEAS

HERBAL TEA SACHETS
naturally caffeine free

Citrus Chamomile

egyptian chamomile flowers / sudanese hibiscus
citrus peels / natural flavors

Crimson Berry

sudanese hibiscus / chilean rosehips / elderberries
cranberries / garnished with cherry, raspberry
and passion fruit essence

Tropical Rooibos

lemongrass / fruits / spices

GREEN TEA SACHETS

Moroccan Mint

chinese gunpowder green tea with
organic peppermint from washington state

Jasmine Pearls

tender green tea buds hand-picked
in the mountains of fujian, china

BLACK TEA SACHETS

English Breakfast

english breakfast and malty assam tea

Royal Earl Grey

darjeeling / assam / chinese tea with italian bergamot

WHITE TEA SACHET

White Ambrosia

bai mu dan / hawaiian pineapple pieces
shredded coconut / safflowers
natural flavors of papaya

LOOSE LEAF TEAS

Peppermint / Chamomile / Tonganagaon
Rooibos Bourbon / Chai

LAMILL COFFEE

responsibly grown, ethically sourced, freshly roasted

Canyon Ranch Signature Blend / Decaf / Cold Brew

our proprietary blend of beans from brazil,
ethiopia and colombia

JUICES

Fresh-Squeezed Orange Juice 55 . 14 . 1 . tr . 3 . 0 (9)
Cranberry Nectar 55 . 13 . tr . tr . tr . 0 (8)
Pomegranate Juice 65 . 18 . tr . tr . tr . 0 (18)
Apple Juice 60 . 15 . tr . tr . tr . 0 (6)
Grape Juice 80 . 18 . tr . tr . tr . 0 (16)
Grapefruit Juice 50 . 7 . tr . tr . tr . 1 (10)
Tomato Juice 25 . 5 . 1 . tr . 1 . 70 (0)

FRESH VEGETABLE JUICE

Carrot / Cucumber / Kale / Ginger / Beet / Celery

Vanilla Kefir

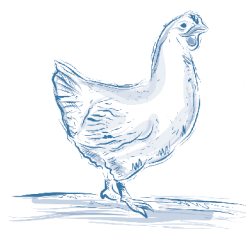
{GF} 80 . 13 . 6 . 1 . 2 . 63

kefir is a creamy, yogurt-like beverage with
live probiotic cultures, the good-for-you
bacteria that supports healthy digestive
and immune systems

Breakfast

served 7:30 – 9:30 am

COUNTRY HEN EGGS



Our nutrient rich eggs are sourced from the Country Hen, the producer of the world's best organic and omega-3 dense eggs. By virtue of organic feed, Country Hen eggs are the most delectable, farm fresh eggs you'll ever taste. The whites don't run, the bright yolks stand tall, and the taste is simply incomparable.

LIGHTER FARE

Steel-Cut Oatmeal
{GF, V} 280 . 47 . 9 . 6 . 8 . 90 (12)

roasted cranberry
pumpkin crunch
brown sugar

Lox & Bagel
285 . 42 . 17 . 8 . 6 . 730 (5)

lettuce / tomato
red onion / capers
low-fat organic cream cheese

Granola Cereal
{GF, V} 295 . 47 . 9 . 8 . 4 . 92 (23)

canyon ranch granola
vanilla almond milk

Parfait
{GF} 375 . 63 . 18 . 7 . 7 . 100 (36)

vanilla greek yogurt
canyon ranch granola
mixed berries

THE GRIDDLE

Pumpkin Bread French Toast
495 . 81 . 11 . 16 . 4 . 359 (50)

vermont maple syrup
toasted almonds

Cranberry Pecan French Toast
445 . 71 . 14 . 12 . 6 . 407 (31)

vermont maple syrup
sliced banana

Crepes
{GF} 385 . 36 . 20 . 19 . 4 . 508 (6)

ricotta cheese
roasted butternut squash
spinach / mushrooms
cheddar cheese

Apple Cider Pancakes
375 . 33 . 7 . 24 . 2 . 253 (7)

vanilla mascarpone
toasted walnuts

BREAKFAST SIDES

Chicken Sausage Link
{GF} 55 . 1 . 7 . 3 . tr . 180 (0)

All-natural
Pork Bacon (1 slice)
{GF} 60 . 0 . 4 . 5 . tr . 290 (0)

One Egg*
{GF} 75 . tr . 6 . 5 . 0 . 70 (0)

Cottage Cheese
{GF} 50 . 2 . 7 . 1 . tr . 225 (2)

Mixed Berries
{GF, V} 20 . 5 . tr . tr . 2 . 1 (7)

Sidehill Farms Plain Yogurt
{GF} 60 . 6 . 4 . 2 . tr . 53 (8)

Sidehill Farms
Fruited Yogurt
{GF} 80 . 11 . 4 . 2 . tr . 55 (14)

Peanut Butter Delight
{GF} 65 . 5 . 5 . 3 . tr . 12 (2)

Homemade Fruit Preserves
{GF, V} 45 . 11 . tr . tr . 1 . 6 (3)

Low-fat Cream Cheese
{GF} 70 . 2 . 4 . 6 . 0 . 160 (0)



Our divine dairy comes from Highlawn Farm, a small-scale, Massachusetts based family-run dairy farm. At High Lawn Farm, it has always been about carefully tending to their Jersey cows and producing the highest quality, best tasting Jersey milk products possible. This family of local farmers has dedicated their lives to perfecting Jersey dairy and we're sure you'll taste the Jersey difference.

THE GREAT BARRINGTON BAGEL COMPANY BAGELS

Whole-Wheat {1/2}
{V} 130 . 25 . 4 . 1 . 1 . 215 (2)

Cinnamon Raisin {1/2}
{V} 145 . 32 . 4 . 1 . 1 . 225 (5)

Sesame {1/2}
{V} 140 . 28 . 4 . 2 . 1 . 230 (3)

ARTISANAL BREADS & MUFFINS

Pumpkin Bread
180 . 31 . 3 . 5 . 2 . 172 (16)

Banana Bread
130 . 21 . 2 . 5 . 1 . 106 (12)

Artisan Cranberry-Pecan Bread
{V} 120 . 21 . 3 . 3 . 2 . 166 (3)

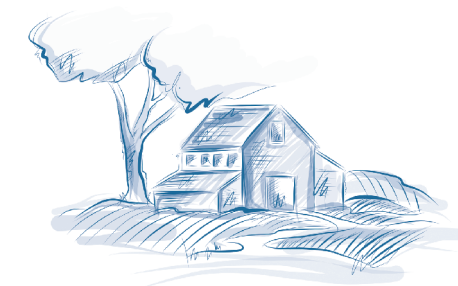
Artisan Whole-Wheat Bread
{V} 105 . 21 . 3 . 3 . 2 . 226 (1)

Gluten-free Bread
{GF, V} 115 . 20 . 5 . 3 . 3 . 214 (2)

Whole-Wheat Challah Bread
85 . 15 . 3 . 1 . 2 . 107 (2)

Bran Raisin Muffin
125 . 23 . 5 . 4 . 5 . 190 (9)

Daily Muffin



Mill River Farm provides us with our fresh organic vegetables, happily raised pork and free-range poultry. Mill River Farm is a local, certified organic farm that produces all natural products that are full of flavor, nutrients and nothing more. Because of Mill River, you'll taste excellence and delight in every bite.

NUTRIENT ANALYSIS

Calories . carb grams . protein grams . fat grams . fiber grams . sodium mg (sugar grams)
tr = trace (less than 1 gram) GF = Gluten-Free (no wheat, rye or barley) V = Vegan (contains no animal product)

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