

# breakfast

served 7 am – 11 am

## { BREAKFAST SPECIALTIES }

Truffle Eggs Florentine\* \$18  
{GF} 325 . 24 . 21 . 17 . 6 . 322 (12)  
two eggs over-easy | Swiss cheese  
sautéed spinach & leeks | black truffle essence

Breakfast Tacos \$16  
{GF} 500 . 32 . 35 . 26 . 6 . 660 (3)  
house-made beef chorizo | scrambled eggs  
pepper jack cheese | avocado crema  
pico de gallo | petite cilantro

Lobster Chile Relleno \$20  
{GF} 440 . 36 . 35 . 17 . 6 . 688 (6)  
sweet maine lobster | scrambled eggs  
roasted poblano | jack cheese | avocado crema  
grilled sweet potato & onions | pico de gallo

Bacon Cheddar Whole-Grain Bagel \$16  
455 . 52 . 27 . 15 . 3 . 869 (3)  
naturally cured bacon | over-hard eggs | wild arugula

All American Breakfast\* \$18  
500 . 52 . 24 . 22 . 7 . 744 (14)  
two eggs any style | grilled sweet potatoes & onions  
crispy bacon or CR chicken sausage  
choice of toast or freshly made english muffin  
Add an additional egg \$2

White Chocolate Raspberry French Toast \$15  
490 . 78 . 17 . 13 . 9 . 320 (15)  
whole-grain ciabatta | white chocolate ganache  
candied toasted pistachios

Banana Chocolate Chip Espresso Pancakes \$15  
440 . 60 . 12 . 20 . 4 . 557 (40)  
candied pecans | Vermont maple syrup

Strawberries & Cream Whole-Grain Crepes \$14  
445 . 48 . 14 . 24 . 7 . 47 (13)  
organic strawberries | basil | mascarpone cheese  
toasted walnuts | honey

Organic Tofu Scramble \$16  
{V} 335 . 43 . 24 . 10 . 8 . 541 (12)  
choice of omelet ingredients  
grilled sweet potatoes & onions | toast

## ORGANIC EGG OMELETS \$18

**choice of:** spinach | sweet bell peppers | onion  
roasted chile | cremini mushroom  
artichokes | chicken sausage | tomato  
cheddar | swiss | mozzarella | chevre  
Add a pinch of turmeric & black pepper  
compliments of the chef  
Served with grilled sweet potatoes & onions and  
your choice of toast or english muffin

Whole Egg Omelet 595 . 50 . 28 . 25 . 7 . 477 (11)      Egg White Omelet 380 . 56 . 27 . 5 . 8 . 493 (11)

## { CHEF'S BENEDICTS }

Winter Vegetable Ratatouille\* \$18  
330 . 25 . 18 . 18 . 3 . 293 (4)

roasted tomato | squash | herbs | basil pesto  
whole-grain english muffin | poached eggs

Carne Asada\* \$18

455 . 27 . 34 . 24 . 4 . 473 (3)

grass-fed beef | cilantro lime crema | avocado  
whole-grain english muffin | poached eggs

Korean Beef Bulgogi\* \$18

395 . 28 . 32 . 17 . 4 . 617 (5)

kimchi | sesame seasoned spinach | grass-fed beef  
whole-grain english muffin | poached eggs

## { SEASONAL TOAST }

Wild Mushroom Toast \$14

255 . 34 . 13 . 8 . 3 . 282 (1)

ricotta cheese | sautéed mushrooms | ciabatta

Prosciutto & Apple Toast \$14

330 . 43 . 18 . 11 . 3 . 744 (4)

white balsamic reduction | provolone | seasoned ricotta

Avocado Toast \$14

215 . 30 . 6 . 9 . 7 . 268 (1)

petite cilantro | piquillo peppers | artisan wheat

Add two organic poached eggs\* \$16

360 . 31 . 19 . 19 . 7 . 370 (1)

Add Alaskan smoked salmon \$18

305 . 32 . 16 . 12 . 7 . 488 (2)

\*\*Gluten-free bread also available

## BREAKFAST BOWLS

Certified Gluten-Free Oatmeal \$10  
{GF} 355 . 53 . 12 . 13 . 7 . 31 (20)  
toasted walnuts | blueberries  
honey | cinnamon

Greek Yogurt & CR Granola \$12  
445 . 72 . 28 . 6 . 7 . 136 (45)  
strawberries | blueberries | honey  
seasonal melon  
or  
385 . 57 . 28 . 6 . 5 . 136 (38)  
warm pineapple | cinnamon | mint

Acai & CR Granola \$10  
{V} 440 . 90 . 12 . 8 . 17 . 32 (45)  
bananas | blueberries  
strawberries | chia seeds

## FROM OUR BAKER

Today's Scone or Muffin \$6  
Chef recommends pairing with our  
Pressed Organic Jenwey Tea

Whole-Grain English Muffin \$5  
120 . 19 . 3 . 4 . 2 . 59 (2)

Artisan Wheat Bread \$5  
{V} 105 . 21 . 4 . 1 . 2 . 226 (0)

Raisin Walnut Bread \$5  
{V} 190 . 35 . 6 . 4 . 3 . 241 (7)

Ciabatta Bread \$5  
{V} 155 . 29 . 5 . 2 . 2 . 122 (0)

Signature Banana Bread \$5  
155 . 21 . 2 . 3 . 3 . 106 (12)

Toasted Whole-Grain Bagel \$6  
250 . 50 . 10 . 2 . 4 . 430 (12)

Organic butter & seasonal fresh fruit  
jam available

## BREAKFAST ADDITIONS

Naturally Cured Bacon (2 slices) \$5  
{GF} 150 . tr . 6 . 6 . tr . 525 (4)

CR Chicken-Sausage (2 patties) \$5  
{GF} 150 . 2 . 20 . 6 . tr . 298 (0)

Smoked Salmon \$8  
{GF} 90 . 2 . 12 . 4 . tr . 265 (1)

Fresh Avocado \$4  
{GE,V} 90 . 4 . 1 . 8 . 4 . 4 (0)

Berry Bowl \$7  
{GE,V} 140 . 30 . 1 . 1 . 5 . 2 (21)

Sliced Bananas \$3  
{GE,V} 50 . 18 . tr . tr . 2 . 1 (9)

Organic Peanut, Cashew or  
Almond Butter \$3  
{GE,V} 95 . 3 . 4 . 8 . 2 . 7 (4)

## 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.

# lunch

served 11 am – 4 pm

## { STARTERS }

Crispy Kale Chips \$8  
{GF} 150 . 28 . 9 . 8 . 4 . 129 (0)  
housemade ranch dressing

Shrimp Ceviche & Lavosh \$16  
185 . 31 . 19 . 6 . 5 . 494 (9)  
orange | avocado | cucumber | cilantro | grapefruit juice

Crispy Maine Lobster Cakes \$16  
195 . 11 . 13 . 11 . 1 . 496 (2)  
fresh arugula | house dijon vinaigrette

Petite Heirloom Tomato & Fresh Mozzarella \$12  
{GF} 170 . 11 . 8 . 12 . 2 . 218 (2)  
cucumber | red onion | red wine vinegar | basil oil

Roasted Garlic Hummus \$12  
235 . 41 . 10 . 4 . 6 . 392 (3)  
whole-grain pita | oregano | marinated kalamata olives

## SEASONAL SOUP \$9

## { HANDHELDS }

served with lightly pickled carrots, radish, cucumber,  
fennel & onion

Roasted Curry Cauliflower Wrap \$14  
{V} 360 . 42 . 10 . 13 . 11 . 462 (4)  
vegan mayo | romaine lettuce | sliced tomato  
whole-wheat tortilla

Turkey Club Sandwich \$18  
465 . 56 . 27 . 23 . 8 . 796 (3)  
crisp bacon | avocado | lettuce | tomato  
roasted garlic mayo | toasted artisan wheat bread

Maine Lobster Roll \$20  
400 . 42 . 25 . 16 . 5 . 714 (3)  
lobster and celery salad | romaine lettuce  
sliced heirloom tomato | toasted potato roll

Grilled Tuna Melt \$16  
450 . 51 . 30 . 13 . 6 . 772 (5)  
swiss cheese | heirloom tomato | toasted rye bread

Grilled Lamb Burger\* \$16  
490 . 46 . 23 . 23 . 5 . 750 (7)  
cucumber | feta | lemon yogurt | arugula  
caramelized onion vinaigrette

Shrimp Tacos \$18  
{GF} 435 . 42 . 23 . 20 . 5 . 704  
chipotle aioli | cabbage slaw | petite cilantro  
mango salsa | organic corn tortillas  
With Grilled Chicken  
{GF} 465 . 42 . 25 . 21 . 5 . 621  
With Carne Asada  
{GF} 535 . 42 . 33 . 26 . 5 . 778

## { SALADS & GREENS }

CR Signature Manchego Chopped Salad \$16  
{GF} 285 . 16 . 7 . 15 . 7 . 608 (4)  
garbanzo beans | tomato | yellow peppers | artichoke  
capers | green onions | olives | cucumber | celery  
manchego cheese | dijon vinaigrette

Caesar Salad \$14  
175 . 18 . 16 . 7 . 3 . 711 (4)  
chopped romaine | herbed lavosh | asiago cheese  
roasted tomatoes | housemade caesar dressing

Spinach Cobb Salad \$19  
{GF} 380 . 21 . 37 . 17 . 4 . 521 (6)  
grilled chicken | cucumber | red onion | blueberries  
heirloom tomato | gorgonzola | chickpeas | ranch dressing

## PROTEIN ADDITIONS

Grilled Tofu \$6  
{GF,V} 110 . 2 . 12 . 7 . 1 . 33 (tr)  
Seared Tuna\* \$15  
{GF} 105 . 0 . 22 . 2 . tr . 104 (0)  
Sautéed Shrimp \$11  
{GF} 120 . 1 . 23 . 2 . tr . 485 (3)  
Grilled Organic Chicken \$9  
{GF} 120 . tr . 26 . 3 . 0 . 63 (tr)  
Carne Asada \$12  
{GF} 220 . 4 . 33 . 8 . tr . 192 (1)  
Beef Bolgugi \$12  
{GF} 240 . 8 . 35 . 6 . tr . 158 (3)

## WELLNESS ADDITIONS

As a part of an ongoing effort to promote global wellness, the Chef recommends incorporating any one of these selections to enhance your meal.

### Chia Seeds

High fiber, protein, antioxidants & Omega-3

### Turmeric Oil

Anti-inflammatory, strong antioxidant, brain health booster, decreases risk of heart disease

### Flax Seed

High in Omega-3, may decrease risk of cancer, minimizes inflammation, lowers cholesterol & blood pressure

### Avocado Oil

High in healthy fat, may reduce cholesterol & improve heart health, source of lutein (may reduce risk of cataracts), enhances absorption of nutrients

### Roasted Tomato Oil

Powerful antioxidant, aids in cancer prevention, reduces macular degeneration, alleviates neuropathic pain, anti-inflammatory, improves brain & heart health

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\* 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.