

# ***TO GET YOU STARTED***

## **Juices**

Fresh Orange or Grapefruit Juice	7.
Carrot Juice or Juice of the Day	7.
Chilled Apple, Cranberry, Prune, Pineapple, Tomato or V-8 Juice	6.

## **Fruits**

Chilled Fresh Fruit Salad with Yogurt Poppy Seed Sauce	9.
Seasonal Melon, Papaya, Pineapple or Grapefruit	8.
A Bowl of Seasonal Berries	9.

## **Cereals**

Home Made Bircher Muesli with Oats, Fruit and Berries	11.
The Island's Homemade Granola with Yogurt and Berries	11.
Oatmeal Brulée with Maple Syrup and Devonshire	12.
Special K, Shredded Wheat, Raisin Bran, Rice Krispies and others with Berries	11.
Hot Coaches Oatmeal or Cream of Wheat with Berry Compote	12.
Regular or Low Fat Plain, Vanilla or Fruit Yogurt	9.

## **From The Bakery**

Traditional or Chocolate Croissants	7.
Assorted Freshly Baked Muffins	7.
House Baked: Plain, Everything or Cinnamon Raisin Bagel	7.
Assorted Danish Pastries	7.

# ***ISLAND SPA DISHES***

Egg White Frittata with Arugula, Grilled Vegetables and Fire Roasted Tomato Salsa	17.
Cholesterol Free Omelet with Fresh Basil and Tomato Coulis	17.
Seasonal Fresh and Marinated Fruit Platter	16.

# ***BREAKFAST SPECIALTIES***

Three Egg Omelet with your choice of Ham, Cheese, Tomatoes, Mushrooms, Onions or Spinach	17.
Corned Beef Hash with Poached Eggs and Tomato Hollandaise	18.
“Steak -n- Eggs” Thinly Pounded Medallions of Beef Tenderloin with Poached Eggs, Béarnaise and Garlic Herb Fries	24.
Poached Eggs on Dungeness Crab Cakes with Truffle Hollandaise	23.
“The Island Pancake Napoleon” Maple Pancakes Stacked with Pork Sausage, Eggs Over Hard and Seasonal Fresh Fruit Salad	18.
Two Eggs Any Style with Hash Browned Potatoes with Your Choice of Bacon, Ham or Sausage	12. 16.
Chilaquiles: Scrambled Eggs with Tortillas and Salsa Roja	15.
Huevos Rancheros with Authentic Salsa, Black Beans, Avocado Corn Tortillas and Queso Fresco	16.
“The Breakfast Burrito” Scrambled Eggs with Chorizo, Black Beans, Pico de Gallo and Avocado	16.
House Smoked Salmon with Sliced Tomatoes Cream Cheese and Toasted Bagel	17.
Lemon-Blueberry or Plain Ole Pancakes	16.
Banana Stuffed Brioche French Toast	16.
Belgian Waffles with Whipped Cream and Fresh Strawberries	16.

## ***THE SCRAMBLED***

Grilled Provencal Vegetables, Goat Cheese, Avocado, Tomatoes and Spinach	17.
Smoked Salmon with Cucumbers, Avocado, Fried Capers Fresh Dill and Crème Fraiche	18.
“Build Your Own Scramble” Three Farm Fresh Eggs Scrambled with Roasted Potatoes and Your Choice of the following additions: Mushrooms, Tomatoes, Onions, Spinach Bell Peppers, Bacon, Corned Beef and Chicken or Pork Sausage	18.