

Fresh - Natural - Simple - Nutritious - Flavorful

CLASSICS

Crunchy French Toast

Battered with cornflakes & toasted almonds, Maple syrup, fresh fruit, choice of bacon, Canadian bacon, ham or sausage. 16

Eggs Benedict

Poached eggs, toasted English muffins, Canadian bacon, hollandaise, hash browns, grilled asparagus, broiled tomato, fresh fruit. 16

Bagel, Lox & Cream Cheese

Tomato, onion, capers, boiled egg, fresh fruit. 14

FIT FOR YOU

Spa Burrito

Scrambled Better Than Eggs®, tomatoes, low-fat Pepper Jack cheese, roasted peppers, avocado, wheat tortilla, salsa fresca, fresh fruit 16
LOW FAT

Fire Roasted Vegetable Frittata
Pasteurized egg whites, roasted artichokes, asparagus, mushrooms, bell peppers, carrots, spinach, guacamole, tomato relish, fresh fruit 16
LOW CHOLESTEROL

FRESH FRUIT

Berry Berry Crunch

Low-fat yogurt, fresh berries, house-made almond granola 11
LOW FAT

Sun Valley Fruit Plate

Honey yogurt, fresh banana bread 13
LOW FAT

Bowl of Berries

Fresh strawberries, raspberries, blueberries, blackberries 8
LOW CHOLESTEROL, LOW FAT

OMELETS

Choice of pasteurized eggs, pasteurized egg whites or Better Than Eggs®, hash browns, fresh fruit, choice of toast, bagel or blueberry muffin 17

Combine any of these ingredients: red or green onions, bell peppers, Anaheim peppers, mushrooms, tomato, avocado, smoked salmon, ham, bacon, sausage, queso fresco, cheddar, jack or asadero cheese

A LA CARTE

Huevos Rancheros

Two eggs any style, corn tortilla, refried beans, roasted peppers, tomatoes, Monterey Jack & cheddar, ranchero sauce, guacamole 14

All American

Two eggs any style, hash browns, fresh fruit. Choice of bacon, Canadian bacon, ham or sausage & toast, bagel or blueberry muffin 16

Healthy Start

Oatmeal, cold cereal or house-made almond granola with fresh berries or bananas, skim or 2% milk. Choice of toast, bagel or blueberry muffin 12

Egg Sandwich

Two eggs any style, tomato, bacon, Swiss, avocado, grilled sourdough, served with hash browns 14

PANCAKES & WAFFLES

Flap Jacks

Wheat or buttermilk griddle cakes, maple syrup, berries, choice of bacon, Canadian bacon or sausage 14

Desert Combo

Short stack of buttermilk pancakes, two eggs any style, fresh fruit, & bacon, Canadian bacon, ham or sausage 16

Pecan Studded Waffle

Maple syrup, caramelized bananas, fresh fruit, & bacon, Canadian bacon, ham or sausage 14