

classic breakfast

- * **All American Breakfast** - two eggs any style with breakfast potatoes, choice of bacon, ham. 16-
sausage or canadian bacon and toast or bagel. Include juice and coffee
- Good start** - oatmeal, cold cereal, granola with fresh berries, melon, your choice of milk, breakfast ... 16-
breads, yogurt. Includes juice and coffee
- * **All-American buffet** - the good start buffet PLUS eggs and waffles cooked to order and selection .. 21-
of breakfast meat. Includes juice and coffee

etc.

- Side of Bacon, Sausage or Ham** 4-
- Breakfast Potatoes** 4-
- Smoothie** 6-
- Homemade muffin or Danish** 3-
- Healthy start breakfast** - oatmeal, cold cereal or granola with fresh berries or sliced bananas. 9-
skim or low-fat milk and your choice of juice (485 cal.)
- Almond granola parfait** - Fresh granola layered with vanilla yogurt and fresh strawberries (500 7-
cal.)
- Oatmeal** - brown sugar, raisins, milk (440 cal.) 6-
- Cereal** - choice of berries or sliced banana, milk 6-

modern classics

- Crunchy grilled French toast** - healthy whole wheat bread dipped in cholesterol- free eggs 13-
and crushed corn flakes, served with fresh fruits and reduced calorie syrup (495 cal.)
- * **Fast fare** - two eggs scrambled with diced ham and served with breakfast potatoes, toast or bagel .. 12-
- * **Traditional eggs benedict** - poached eggs, Canadian bacon, english muffin and hollandaise 16-
sauce, served with breakfast potatoes
- * **Ultimate breakfast sandwich** - lightly scrambled eggs topped with apple wood smoked 13-
bacon, melted cheddar cheese on a flaky croissant
- * **Egg white frittata** - eggs whites served with fresh spinach, shallots and mushrooms, served 13-
with fresh fruit (425 cal.)
- * **Eggs Florentine** - sautéed spinach and poached eggs on a sliced bagel crisp, topped with 14-
hollandaise sauce
- * **Smoked Salmon Plate** - smoked salmon with capers, chopped onions, chopped egg white and 15-
yolks, cream cheese, toasted bagel
- * **Gus's breakfast wrap** - scrambled eggs with garden tomatoes, peppers, onions, sour cream, 12-
salsa and cheddar cheese, wrapped in a tortilla
- Blueberry pancakes** - hot off the griddle, served with bacon and syrup 13-
- Belgian waffles** - straight off the iron, served with berries and syrup 11-
- Seasonal fruit plate** - served with vanilla yogurt 12-

3-egg omelets

- * **Egg white** - tomato, spinach, monterey jack and cheddar cheese, served with breakfast potatoes 14-
and your choice of bagel
- * **am & cheese** - ham & cheddar cheese omelet served with breakfast potatoes and choice of toast ... 14-
or bagel
- * **Smoked salmon** - smoked salmon, spinach, monterey jack and cheddar cheese, served with 15-
breakfast potatoes and your choice of toast or bagel
- * **Three egg** - ask your server for choice of fillings, served with breakfast potatoes and your choice 14-
of toast or bagel

beverages

- Orange, grapefruit, cranberry, apple or tomato juice** 3-
- Milk, chocolate milk** 2-
- Hot chocolate** 3-
- Coffee, decaf coffee or tea** 2.75-
- Cappuccino** 5-
- Espresso** 4-