CONTINENTAL "OUR WAY"

SEASONAL MELON FRUIT PLATE WITH BERRIES

FRESH GRAPEFRUIT HALF

BLU PARFAIT
Granola, Low-Fat Yogurt, Blueberry Compote

CELEBRITY PARFAIT
Muesli, Strawberry Yogurt, Fresh Fruit, Mint

DAILY SELECTION OF YOGURTS AND CEREALS

SLICED VINE RIPENED TOMATO, CUCUMBER, RADISHES, SALAMI AND COTTAGE CHEESE

MUESLI

FRUIT AND CHEESE PLATE

COLD CUTS AND CHEESE COMBINATION

SMOKED SALMON PLATE*
Capers, Red Onion, Chopped Egg

BAKERY & GRIDDLE

FRESHLY BAKED DANISH, CROISSANTS AND MUFFINS

BERRY-PECAN PANCAKES OR VANILLA BUTTERMILK PANCAKES
Choice of Vermont Maple Syrup, Wild Berry Compote

FRENCH TOAST
Muddled Fresh Berries

TOAST – WHEAT, RYE, WHITE, ENGLISH MUFFIN, BAGEL

*Consuming raw or undercooked meats, seafood, shellfish, eggs, milk or poultry may increase your risk of food-borne illness, especially if you have certain medical conditions.
THE “CRACKED” EGG

FRESH EGG BENEDICT *
Toasted English Muffin, Sauteed Spinach, Ham, Hollandaise Sauce

ASPARAGUS FRITTATA
Fresh Herbs

TWO FARM FRESH EGGS*
Prepared To Your Liking

OMELET YOUR WAY - WHOLE OR EGG WHITE

SELECTION OF: Virginia Ham, Tomato, Spinach, Smoked Salmon*, Sweet Bell Peppers, Red Onion, Scallions, Mushrooms, Cheddar Cheese, Provolone, Asparagus, Sun Dried Tomato, Parsley Smoked Salmon*

BREAKFAST SIDES

Bacon, Sliced Ham, English Back Bacon, Baked Beans, Breakfast Sausage, Roasted Tomato, Sautéed Mushrooms, Steamed Tofu

JUICES-SMOOTHIES

FRESH ORANGE, FRESH GRAPEFRUIT

CRANBERRY – PRUNE – APPLE

BLU BERRY BLAST
Pomegranate Juice, Wild Berry Yogurt

CITRUS OBSESSION
Fresh Orange Juice, Banana, Yogurt, Soy Milk

STRAWBERRY SWIRL BANANAS
Soy Milk, Non Fat Plain Yogurt

MANGO MADNESS
Mango, Peach Purée, Passion Fruit, Yogurt