

# L I V

## W E L L N E S S

- today's fruit smoothie 6
- organic quinoa with dates, dried cherries, and soy milk 7.5
- steel cut oats with honey and cinnamon 8
- bircher muesli with natural yoghurt, fresh berries and banana 10.5
- plate of seasonal sliced fruit with honey and natural yoghurt 10
- granola with milk 7
- egg white omelet with feta, tomato, onion & basil, grilled tomato, turkey sausage, toasted gluten free bread, local preserves 14

## C O M P L E T E

- cereal, choice of oven fresh croissant, danish, or muffin, local preserves and toast 11
- two eggs with your choice of smoked bacon, peameal bacon, or turkey sausage, breakfast potato, toasted bread, local preserves 14
- eggs benedict, two poached eggs, smoked virginia ham with hollandaise sauce on a toasted english muffin with breakfast potato 15
- three egg omelet with portabello mushroom, onion, spinach, virginia ham, and fontina cheese served with toasted bread, local preserves, and breakfast potato 14
- three broken eggs flavoured with tarragon and asiago, steamed asparagus wrapped with vodka cured salmon, smoked tomato hollandaise, toasted bread, local preserves 16
- oatmeal buttermilk pancakes, or apple cinnamon pancakes 11
- sour dough or banana chocolate chip french toast 11
- add fresh banana and berries or peaches and cream to pancakes or french toast 3

## L I G H T

- bagel and cream cheese with lox, caper and red onion 9
- bagel and cream cheese 5
- natural or fruit yoghurt with honey 5
- toast with preserves 4
- cereal, milk 5
- cereal, milk and berries 7
- fresh fruit cocktail 5.5
- soy or rice milk 3
- freshly squeezed orange or grapefruit juice 5
- apple, cranberry or tomato juice 3

## R E S T

## A U R A N T