

BREAKFAST

served from 6:30am - 10:30am

Starters



Juice 5 Apple, Carrot, Cranberry, Grapefruit, Orange, Papaya, Pomegranate, Tangerine, Tomato or V8	Regular or Decaffeinated Coffee 3
Fresh Fruit Smoothies with Low-fat Yogurt 7 (Banana, Strawberry & Orange) add Soy Protein - 1	Espresso 3
Mimosa 8 California Sparkling Wine and Orange Juice	Cappuccino 4
Royal 11 California Sparkling Wine and Chambord	Café au Lait 4
Bellini 9 California Sparkling Wine and Peach Nectar	Skim, Lowfat and Regular Milk 3
	Hot Chocolate 3
	Artisan Tea 3 Choice of Chamomile, Earl Grey, English Breakfast Green or Mint

From the Griddle



Crispy Golden Belgian Waffle 13 Strawberry compote and vanilla whipped cream
Brioche French Toast 14 Corn Flake crusted Brioche grilled to perfection Served with pure maple syrup, caramelized apples and raisins
Buttermilk, Buckwheat or Blueberry Pancakes 13 Fluffy pancakes served with pure maple syrup

Crêpes

La Fraise 12 Fresh berries topped with whipped cream and dusted with powdered sugar
La Poissonière 14 Smoked salmon, scrambled eggs, sour cream, caramelized onions and manchego cheese
La Maison 12 Fresh strawberries and a heavenly Nutella hazelnut-chocolate cream

Hot & Cold Cereals

Assorted Cereals 7 All Bran, Corn Flakes, Frosted Flakes, Muesli, Raisin Bran, Rice Krispies or Special K
McCann's Irish Oatmeal 10 Served with light brown sugar, skim, lowfat or regular milk, and choice of strawberries, mixed berries or bananas
Homemade Granola 9 Served with yogurt and golden raisins

From the Bakery

Bran, Chocolate or Blueberry Muffin 3
Croissant (Butter or Chocolate) 4
Apple Turnover 4
Coffee Cake or Danish (Fruit or Cream) 4
Bagel and Cream Cheese 5
Toast (White, Whole Grain or Rye) 4
English Muffin 4

Sides

Applewood Smoked Bacon 4
Breakfast Potatoes 4
Chicken & Apple Sausage 5
Low-sodium Black Forest Ham 6
Canadian or Turkey Bacon 5
Cottage Cheese 4
Yogurt 4

Breakfast Specialties



All Breakfast Specialties are served with choice of juice and coffee or tea

The Fitness 16

Seasonal fresh fruit, homemade granola, non-fat yogurt served with a bran muffin

Huevos Rancheros 18

Traditionally-prepared with eggs any style served over a corn tortilla and topped with slow-cooked refried beans, California avocado, queso fresco and homemade salsa

Spa Breakfast 19

Egg White Frittata fortified with Omega-3, grilled asparagus, oven-roasted herbed tomatoes and broiled goat cheese

Corned Beef Hash 18

Homemade corned beef hash cooked to perfection with onions and potatoes, two eggs any style, light garlic toast, sliced steak tomatoes and seasonal greens

House Smoked Salmon 17

Served with chopped red onions, capers, chopped chives.
Served with a bagel and cream cheese.

BUFFETS



Breakfast Buffet \$19.95

Made-to-order eggs and omelets, breakfast meats, potatoes, assorted cereals, fresh fruit and pastries. Includes choice of juice and fresh coffee or tea.

With a glass of California Sparkling Wine \$23.95

Fresh Start Buffet \$16.95

Assorted cereals, fresh fruit and pastries.
Includes choice of juice and fresh coffee or tea.

Eggs



Two Eggs Any Style 14

Served with choice of Applewood Smoked bacon or sausage, breakfast potatoes and choice of toast

Denver Omelet 18

Sautéed onions, green peppers, low-sodium Black Forest ham and sharp cheddar cheese
Served with breakfast potatoes, choice of Applewood Smoked bacon, sausage or Chicken & Apple sausage and choice of toast

New York Steak and Eggs 22

7 oz. USDA New York steak, two eggs any style,
Served with breakfast potatoes and choice of toast

Gjuseppe Breakfast 17

Eggs scrambled with sausage, red peppers and spinach
Served with breakfast potatoes and choice of toast

Eggs Benedict 15

Poached egg, Canadian bacon and Hollandaise sauce on a toasted English muffin.
Served with breakfast potatoes.