

breakfast

instinctive

Steel Cut Oatmeal 10

Macerated berries, orange blossom honey cream

Pineapple chutney, coconut milk, roasted macadamia

Brown sugar, raisins and milk

Two Cage Free Eggs Any Style 13

Breakfast potatoes, choice of meat

Yogurt Parfait 8

Granola, seasonal fruits

comfort

Buttermilk Pancakes 14

Seasonal berries, mascarpone cream, sugar and oat crust

Southwestern Waffle 14

Cactus fruit compote, Greek yogurt, agave nectar

Cinnamon French Toast 14

Topped with butter and maple syrup, roasted fruits

The Benedict 15

Traditional Canadian bacon, toasted muffin and hollandaise

Coastal Harbor Smoked Salmon 14

Sliced tomatoes, red onion, capers, toasted bagel

responsible

 **Soy Chorizo Tacos 12**

Tofu, jalapeno, mushrooms, tomatoes, corn tortillas

 **Mushroom & Pepper Egg White Omelet 14**

Low fat mozzarella, roasted tomato

 **Spinach & Tomato Omelet 14**

Bloomsdale Spinach, baby tomato, feta cheese, egg whites

 **Eggs in a Pot 14**

Poached cage-free eggs, asparagus, spinach, shaved ham, stewed tomatoes

 **Whole Wheat Wrap 14**

Egg whites, pan-roasted peppers, low fat mozzarella, chicken andouille sausage, avocado, sprouts, ranchero sauce

regional

Huevos Rancheros 12

Corn tortillas, refried beans, cage free eggs, ranchero sauce, queso fresco

Asparagus and Dungeness Crab Omelet 19

Fontina cheese, roasted tomatoes

HB Omelet 15

Applewood smoked natural bacon, scallions, mushrooms, sprouts, avocado, cheddar

alternatives

Pork Sausage Links 3

Smoked Bacon 3

Cage Free Egg 4

Breakfast Potatoes 4

Fresh Fruit Bowl 6

Fresh Berry Bowl 8

Breakfast Bakery 4

Toast, Preserves & Butter 5

quench

Espresso, lattes, and cappuccinos are also available

Tableside French Press 9 per pot

Torrefazione Italia® Coffee 4

Selection Hot Teas 4 per person

The Department of Public Health advises that eating raw or undercooked beef, poultry, eggs, fish, lamb, pork or shellfish poses a health risk to everyone, but especially the elderly, young children under four, pregnant women, and other highly susceptible individuals with compromised immune systems. Thorough cooking of such animal foods reduces the risk of illness