

breakfast

instinctive

- **Steel Cut Oatmeal** 7.00
Brown sugar, milk, roasted fruits
Roasted banana-strawberry, honey, almond granola
Brown sugar, raisins and milk

Two Cage Free Eggs Any Style* 12.00
Breakfast potatoes, choice of meat

🍌 **Yogurt Parfait** 6.00
Granola, seasonal fruits

comfort

- **Smoked Salmon*** 14.00
Built for you on a toasted bagel with cream cheese, tomatoes, onions and capers
- Challah French Toast** 11.25
Three citrus marmalade, Vermont maple syrup
- Chorizo and Egg Burrito*** 12.25
Filled with onions, potatoes and roasted tomato salsa

Roasted Apple Pancakes 11.75
Almond streusel, cinnamon sugar, maple syrup

Breakfast Pizza* 12.00
Shaved Canadian bacon, cage free eggs topped with local arugula

responsible

- 🍌 **Stillwater Spa Wrap*** 12.25
Egg whites, spinach, fresh vegetables and Swiss cheese wrapped in a whole-wheat tortilla, served with fresh fruit
- 🍌 **Multi-grain Griddle Cakes** 11.75
7 grain with honey infused Greek yogurt, acai pomegranate syrup
- 🍌 **Egg Beater Crepe** 12.00
Feta, arugula, roasted red tomatoes, watermelon

Whole Wheat Waffle 11.75
Strawberry compote, whipped ricotta

🍌 **Muesli** 5.00
Uncooked rolled oats, toasted slivered almonds, yogurt, shredded apples, berries, skim milk

regional

- **Shore Line Benedict*** 14.75
Duet of filet and crab cake with poached cage free eggs, key lime hollandaise
- Pine Island Omelet*** 12.25
Gulf shrimp, broccoli, spinach, mozzarella cheese

Floribbean Omelet* 12.25
Alligator sausage, peppers, onions, provolone cheese

buffet

- **Tanglewood Breakfast Buffet*** 19.95
Includes our Design Your Own Omelet Station, Scrambled Eggs, Bacon, Link Sausage, Breakfast Potatoes, Pastries, Muffins, Assorted Breads, Variety of Hot and Cold Cereal, Fresh Fruit, Juice and Coffee

Children's Breakfast Buffet*
All the same offerings as the adult buffet but children pay their age. Available only to children 12 years old and younger.

alternatives

- **Cage Free Eggs*** 4.00
- Freshly Baked Muffin or Croissant** 3.25
- Crispy Home Style Potatoes with Caramelized Leeks** 3.75
- Corned Beef Hash*** 3.75
- Bacon, Ham, Sausage or Chicken Apple Sausage*** 3.75
- Cottage Cheese** 3.75
- Assorted Cold Cereals with Fruit** 4.50
- Toasted Bagel with Cream Cheese** 3.25

quench

- Espresso, lattes and cappuccinos are also available.
- Freshly Brewed Torrefazione Italia® Coffee** 3.75
- Selection of Tazo Teas** 3.75
- Fresh Squeezed Florida Orange Juice** 4.75
- Tropical Smoothie** 5.00
- Bloody Mary** 8.50
- Diamond Mimosa** 9.00

For parties of 6 or more a 20% gratuity will automatically be added to your bill.

*Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness

 StayFit Cuisine