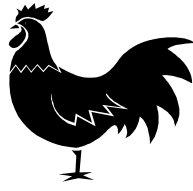


BREAKFAST



THOUGHTFULLY SOURCED * REGIONALLY INSPIRED

Yogurt Parfait 7.50

Granola, Seasonal Fruits

Coastal Harbor Smoked Salmon 12.00

Built for you on a Toasted Bagel with Cream Cheese, Tomatoes, Onions, Lemons and Capers

NB Breakfast Wrap 14.00

Organic Eggs, Potatoes, Shredded Tenderloin, Tillamook Cheddar



WHENEVER POSSIBLE WE
USE FRESH PRODUCE
GROWN AT LOCAL FARMS

REGIONAL

Steel Cut Oatmeal 8.00

Served with:

Roasted Banana-Strawberry, Honey, Almond Granola

Macerated Berries, Orange Blossom Honey Cream

Brown Sugar, Raisins and Milk

Oatmeal Brulée 8.00

Steel Cut Oatmeal, Brulée, Caramelized Bananas and Raspberries

Cinnamon French Toast 14.00

Butter and Maple Syrup, Served with Roasted Fruit

Orange French Toast 14.00

Frosted Flakes Crusted French Toast and Orange Butter

Seasonal Fruits Selection 9.00

The Season's Freshest Fruits

El Camino Street Tacos 12.00

Achiote Chicken, Egg Beaters, Cilantro, Cotija Cheese, Tomatillo Salsa and side of Pinto Beans

Huevos Rancheros 13.00

Corn Tortillas, Refried Beans, Cage Free Eggs, Ranchero Sauce, Pepper Jack Cheese

California Benedict 14.00

Artichoke, Avocado and Peppers

Breakfast Burrito 14.00

Scrambled Eggs, Refried Beans, Potatoes, Cheddar and Pepper Jack Cheese. Wrapped in a Flour Tortilla and served with Salsa on the side.

Santa Fe Burrito 14.00

Scrambled Eggs, Chorizo, Oxaca Cheese, Refried Beans wrapped in a Flour Tortilla. Served with Roasted Jalapenos and Homemade Magdaleno Salsa

Corned Beef Hash 14.00

Poached Eggs and Chipotle Sauce

Zucchini and Cheese Frittata 14.00

Gruyere, Goat and White Cheddar Cheese, Tomato and Onion. Served with Ciabatta Toast.

Steak "N" Eggs 15.00

Naturally Raised Flat Iron, Chimichurri, Sunny Side Up Eggs, Cheddar Jalapeno Toast

COMFORT

Two Eggs, Any Style 13.00

Served with Bacon, Ham or Sausage

Pancakes and Eggs 14.00

Pancakes, Two Cage Free Eggs Any Style served with choice of Meat

Buttermilk Pancakes 14.00

Fresh Raspberries, Sliced Bananas, Sugar and Oat Crust

Three-Egg Omelette 14.00

Caramelized Onion and Portobello

Western Omelette 14.00

Ham, Peppers, Shredded Cheddar

The Benedict 14.00

Traditional with Canadian Bacon, a Toasted Muffin and Hollandaise Sauce

Smoked Chicken Omelette 15.00

Hill Country Heirloom Tomatoes, Monterey Jack Cheese

Crab Cake Benedict 18.00

Over Homemade Crab Cake, Spinach and Hollandaise Sauce

Ham and White Cheddar Panini 13.00

Cage Free Fried Egg, Shaved Ham and Dijon Spread

Merry Berry Pancakes 14.00

Blueberries and Fruit Compote

Belgian Waffles 14.00

With Fruit Compote, Butter and Warm Maple Syrup

ALTERNATIVES

Deluxe Open Faced Toasted Bagel Sandwich 8.00

Cream Cheese Spread, topped with California Avocado, Tomato, Housemade Lemon Pepper, Cucumbers and Red Onion

Gluten Free Pizza 12.00

With Bacon and Tomato

Vegan Breakfast Wrap 14.00

Sautéed Vegetables, Beans, Avocado and Charred Tomato Salsa in a Spinach Tortilla



Mushroom and Pepper Egg-White Omelette 14.00



Multigrain Banana Pancakes 14.00

With Blueberry Maple Syrup



QUENCH

Freshly Brewed Torrefazione Italia Coffee 4.00

Selection of Tazo Teas 4.00

Espresso 4.00

Cappuccino 5.00

Café Americano 5.00

Café Latte 5.00

Café Mocha 5.00

Caramel Macchiato 5.00

Chai Tea Latte 5.00

Selection of Juices 4.00

Chilled Cranberry, Tomato, Apple, Orange or Grapefruit

Selection of Specialty Juices 6.00

Carrot Orange and Fresh Ginger, Pineapple and Mint, Pomegranate Orange or Orange Cranberry

Mango Smoothie 7.00

Mango Puree, Yogurt, Honey and Fruit Puree

Berry Blast Smoothie 7.00

Blackberries, Blueberries and Fruit Puree

Protein-C Smoothie 7.00

Protein Powder, Vitamin C, Yogurt, Honey, Fruit Puree

SIDES

Hashbrowns 4.00

Fresh Fruit Cup 5.00

Fruit Yogurt 4.00

Bagel with Cream Cheese 4.00

Seasonal Berry Muffin or Low Fat Bran Muffin 4.00

All Natural Bacon 5.00

Turkey Bacon 5.00

Grilled Ham Steak 5.00

Sausage or Sausage Patty 5.00

Chicken Apple Sausage 5.00

Two Cage Free Eggs 6.00

Assorted Cold Cereals 6.00

Fruit Loops, Frosted Flakes, Corn Flakes, Cheerios, Special K, All Bran, Raisin Bran, Complete, Rice Krispies or Kashi Go Lean

Kindly notify your server if you have any food allergies or require special food preparation and we will be happy to accommodate your needs.

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



Stay-Fit Cuisine: A tasty, well-balanced and nutritionally sensible menu option