

# breakfast

food. thoughtfully sourced. carefully served  
good for your health, our communities and our planet

instinctive

- **Steel-Cut Oatmeal** 10.00  
Brown sugar, milk, roasted fruits
- **Roasted banana-strawberry, honey, almond granola**
- **Brown sugar, raisins and milk**

- **Two Cage-Free Eggs Any Style\*** 16.00  
Breakfast potatoes, choice of meat

- **Yogurt Parfait** 14.00  
Granola, seasonal fruits

comfort

- **Challah French Toast** 14.00  
Three citrus marmalade, Vermont maple syrup
- **Roasted Apple Pancakes** 14.00  
Almond streusel, cinnamon sugar, maple syrup
- **Chorizo and Egg Burrito** 16.00  
Filled with onions, potatoes and roasted tomato salsa

- **Smoked Salmon\*** 15.00  
Built for you on a toasted bagel with cream cheese, tomatoes, onions and capers

- **Breakfast Pizza\*** 14.00  
Shaved Canadian bacon, cage-free eggs topped with local arugula

responsible

- **Stillwater Spa Wrap** 16.00  
Egg whites, spinach, fresh vegetables and Swiss cheese wrapped in a whole wheat tortilla, served with fresh fruit
- **Multi-Grain Griddle Cakes** 14.00  
7 grain with honey infused Greek yogurt, acai pomegranate syrup
- **Egg Beater Crepe** 14.00  
Feta, arugula, roasted red tomatoes, watermelon

- **Whole Wheat Waffle** 14.00  
Strawberry compote, whipped ricotta
- **Muesli** 9.00  
Uncooked rolled oats, toasted slivered almonds, yogurt, shredded apples, berries, skim milk

regional

- **Shore Line Benedict\*** 18.00  
Duet of filet and crab cake with poached cage-free eggs, Key lime hollandaise
- **Pine Island Omelet** 16.00  
Gulf shrimp, broccoli, spinach, mozzarella cheese

- **Floribbean Omelet** 15.50  
Alligator sausage, peppers, onions, provolone cheese

buffet

- **Tanglewood Breakfast Buffet\*** 26.00  
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

young adults

- **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

- **Two Cage-Free Eggs\*** 10.00
- **Freshly Baked Muffin or Croissant** 4.00
- **Crispy Home Style Potatoes with Caramelized Leeks** 4.25
- **Corned Beef Hash** 5.00
- **Bacon, Ham, Sausage or Chicken Feta Sausage** 4.50
- **Cottage Cheese** 4.00
- **Assorted Cold Cereals with Fruit** 8.00
- **Toasted Bagel with Cream Cheese** 5.00

quench

- **Espresso, Latte and Cappuccino** 5.00
- **Freshly Brewed Starbucks Coffee** 4.50
- **Selection of Tazo Teas** 4.00
- **Tropical Smoothie** 6.00
- **Freshly Squeezed Florida Orange Juice** 5.00
- **Bloody Mary** 12.00

we only serve cage-free eggs, hormone-free milk and naturally cured bacon

please notify your server if you have food allergies

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

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