

## CONTINENTAL "OUR WAY"

SEASONAL MELON FRUIT PLATE WITH BERRIES

FRESH GRAPEFRUIT HALF

**BLU PARFAIT**

Granola, Low-Fat Yogurt, Blueberry Compote

**CELEBRITY PARFAIT**

Muesli, Strawberry Yogurt, Fresh Fruit, Mint

DAILY SELECTION OF YOGURTS AND CEREALS

SLICED VINE RIPENED TOMATO, CUCUMBER,  
RADISHES, SALAMI AND COTTAGE CHEESE

MUESLI

FRUIT AND CHEESE PLATE

COLD CUTS AND CHEESE COMBINATION

**SMOKED SALMON PLATE\***

Capers, Red Onion, Chopped Egg

## BAKERY & GRIDDLE

FRESHLY BAKED DANISH, CROISSANTS AND MUFFINS

BERRY-PECAN PANCAKES OR  
VANILLA BUTTERMILK PANCAKES 

Choice of Vermont Maple Syrup, Wild Berry Compote

**FRENCH TOAST**

Muddled Fresh Berries

TOAST - WHEAT, RYE, WHITE, ENGLISH MUFFIN, BAGEL

\*Consuming raw or undercooked meats, seafood, shellfish, eggs, milk or poultry may increase your risk of food-borne illness, especially if you have certain medical conditions.

## THE "CRACKED" EGG

### FRESH EGG BENEDICT \*

Toasted English Muffin, Sautéed Spinach, Ham, Hollandaise Sauce

### ASPARAGUS FRITTATA

Fresh Herbs

### TWO FARM FRESH EGGS\*

Prepared To Your Liking

### OMELET YOUR WAY \* - WHOLE OR EGG WHITE

**SELECTION OF:** Virginia Ham, Tomato, Spinach, Smoked Salmon\*, Sweet Bell Peppers, Red Onion, Scallions, Mushrooms, Cheddar Cheese, Provolone, Asparagus, Sun Dried Tomato, Parsley Smoked Salmon\*

## BREAKFAST SIDES

Bacon, Sliced Ham, English Back Bacon, Baked Beans, Breakfast Sausage, Roasted Tomato, Sautéed, Mushrooms, Steamed Tofu

## JUICES-SMOOTHIES

FRESH ORANGE, FRESH GRAPEFRUIT

CRANBERRY - PRUNE - APPLE

### BLU BERRY BLAST

Pomegranate Juice, Wild Berry Yogurt

### CITRUS OBSESSION

Fresh Orange Juice, Banana, Yogurt, Soy Milk

### STRAWBERRY SWIRL BANANAS

Soy Milk, Non Fat Plain Yogurt

### MANGO MADNESS

Mango, Peach Purée, Passion Fruit, Yogurt