



DESIGNED FOR
FRESH

- chilled juices** orange, apple, prune, tomato, pineapple
- fresh fruit** half grapefruit, orange segments, papaya
or melon in season, sliced bananas
- compotes** stewed prunes, cinnamon-flavored
apple wedges
- cereals** **HOT:** oatmeal with cream or milk
COLD: corn flakes, granola, all bran,
grape nuts, frosted flakes, raisin bran,
special k, bran flakes, shredded wheat,
rice krispies, mueslix
- yogurt** plain or fruit-flavored
- egg dishes*** fried eggs, poached eggs on toast
(allow 15 min.), soft-boiled eggs,
plain scrambled eggs
OMELETTES: plain, mushroom
or ham and cheese
EGG BEATERS: omelette or scrambled
- from the sea** smoked salmon, toasted bagel
and cream cheese**
- grill and griddle** buttermilk pancakes with syrup, rasher of
bacon, ham steak, link sausage, hash
brown potatoes
- from our bakery** soft and crusty rolls, croissants, danish
pastries, english muffins, fruit and
bran muffins, six-grain bread
- beverages** tea, american coffee, hot chocolate,
milk, skim milk

* Public Health Advisory;

Consuming undercooked or raw meats, poultry, seafood shellfish or eggs may increase your risk of foodborne illness especially if you have certain medical conditions.



E G G S F L O R E N T I N E *

Two Poached Eggs
on a bed of sautéed Spinach Leaves
topped with a Swiss Cheese Sauce



F R E S H F R U I T P L A T E

A refreshing selection of chilled
seasonal Fresh Fruits
accompanied by a scoop of Ricotta Cheese
flavored with Lemon Peel

A la Florentine - a method of preparation used mainly
for fish, white meat or eggs in which spinach is included.
The connection between the city of Florence and spinach
is not known and seems strange, as the vegetable
is consumed throughout Italy.

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COUNTRY BREAKFAST*

Two farm fresh Poached Eggs
served with Corned Beef Hash, Baked Beans
Grilled Tomato and Six Grain Bread



TROPICAL FRUIT CUP
WITH COTTAGE CHEESE
A fresh Fruit Medley of Papaya, Pineapple
Mango, Banana and Citrus Fruit Segments
topped with a scoop of Cottage Cheese

The institution of a mid-day meal in France dates back to the French Revolution. In the Eighteenth Century, the main meal of the day, dinner, was taken first at mid-day and later at one o'clock. The dejeuner, taken upon waking, consisted of a soup or coffee with milk.

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FRITTATA CON FUNGHI*

An open-face Omelette with sliced Mushrooms and Provolone Cheese, served with Grilled Italian Sausage, Polenta and Herbed Focaccia Bread



CARIBBEAN SUNRISE

A fresh Pineapple Boat filled with Tropical Fruit Salad
Topped with a Honey-Yogurt Dressing

“A breakfast party ends about the hour luncheon begins. Both hosts and guests have, therefore, ample time to recover their appetites and to indulge in a quiet afternoon’s rest, before the evening drive and dinner.”

From “Culinary Jottings” by Wyvern

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MAINE BLUEBERRY PANCAKES

A New England delight!

Two fluffy Blueberry Pancakes
served with Syrup and Whipped Cream



ALASKA SCRAMBLE*

Scrambled Eggs with Diced Smoked Salmon
accompanied by golden Hash Brown Potatoes

The word pancake comes from the Latin word *crispus*, meaning curly or wavy. In France the dish used to be called *Galette Crêpe*.

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FARMER'S STYLE EGGS*

Two Fried Eggs, accompanied by a slice of Country Ham, Link Sausage, crisp Bacon Strips and Home-fried Potatoes



POACHED FINNAN HADDIE

Smoked Haddock, served with Seasoned Parsley Potatoes and Melted Butter

*T*ea, the most universally consumed beverage, is made by infusing the dried leaves of an Asiatic evergreen shrub, *Camellia Sinensis*. There are two main varieties of the tea plant, Chinese and Indian, with numerous local varieties and hybrids.

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E G G S - B E N E D I C T *

Two Poached Eggs and Canadian Bacon
on toasted English Muffins
topped with Hollandaise Sauce



M O T H E R ' S F A V O R I T E C O M P O T E

Kadota Figs, sliced Yellow Peaches and
Bartlett Pears marinated in Syrup
and Garnished with a Strawberry

*L*ife, within doors, has few
pleasanter prospects than a
neatly arranged and well-provisioned
breakfast table.

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SCRAMBLED EGGS
WITH GREEN ASPARAGUS
AND SWISS CHEESE*

Simple Scrambled Eggs are turned into something special with the addition of Asparagus Spears and shredded Swiss Cheese accompanied by Gratinated Potatoes



DR. BIRCHER'S MÜSLI

A healthy mixture of Rolled Oats soaked in Milk and Yogurt, enhanced with shredded Apple, toasted Hazelnuts, Raisins and Honey. This cereal is rich in protein and fiber, too.

*A*t the beginning of the century Muesli, derived from the German word "Müsli" meaning mixture, was perfected by the Swiss nutritionist Bircher-Brenner. He popularized this nutritious breakfast cereal throughout the world.

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