

CONTINENTAL

"Our Way"

Seasonal Melon Fruit Plate with Berries

Fresh Grapefruit Half

BLU Parfait with Granola, Low-Fat Yogurt and Blueberry Compote

Celebrity Parfait with Muesli, Strawberry Yogurt, Fresh Fruits and Mint

Daily Selection of Yogurts and Cereals

Sliced Vine Ripened Tomato, Cucumber, Radishes, Salami and Cottage Cheese

Muesli - Prepared Tableside

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

BLU Berry Pecan Pancakes or Vanilla Buttermilk Pancakes, Choice of Vermont Maple Syrup, Wild Berry Compote

French Toast with Muddled Fresh Berries

Toast - Wheat, Rye, White, English Muffin, Bagel

THE "CRACKED" EGG

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 Pepper, Red Onion, Scallions, Mushrooms, Cheddar Cheese, Provolone, Asparagus, Sun Dried Tomato, Parsley
Smoked Salmon* and Asparagus Frittata

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 and Wild Berry Yogurt

Citrus Obsession - Fresh Orange Juice, Banana, Yogurt and Soy Milk

Strawberry Swirl Bananas - Soy Milk and Non Fat Plain Yogurt

Mango Madness - Mango, Peach Purée, Passion Fruit and Yogurt

*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.