

breakfast

- pantry** ♥ fresh grapefruit half - banana - melon in season
baked apples - stewed prunes
orange - grapefruit - pineapple - apple - tomato - prune juice
frosted flakes - special k - raisin bran - rice krispies - corn flakes
fruit loops - cheerios - lucky charms - cinnamon toast crunch
hot cream of wheat - hot oatmeal - hominy grits
all cereals are served with milk
- ♥ plain, strawberry or peach yogurt
guava - strawberry and grape jellies - orange marmalade
honey - diet jellies served on request
* smoked salmon with cream cheese and toasted bagel

- main** * eggs benedict
poached eggs on toasted english muffins with smoked ham and hollandaise sauce
- * omelettes
light and fluffy, prepared plain, with ham, cheese or a combination
*boiled, *fried, scrambled or *poached eggs
- ♥ low cholesterol egg substitute available on request
buttermilk pancakes or belgian waffles
available with stewed bananas, strawberries or blueberries, syrup, honey or cream
french toast with cinnamon sugar

- side** corned-beef hash - sliced ham
hickory- smoked sliced bacon - hash - browned potatoes
pork link sausage - chicken sausage - turkey bacon

- bakery** danish - croissants - muffins - plain and raisin english muffins
bagels - white - whole wheat or rye toast
norlander bread - gluten free bread

- beverage** iced and hot teas - milk - skim milk - chocolate milk
freshly brewed regular or decaffeinated coffee - hot chocolate

specialty coffee and tea
cappuccino \$2.95 latte \$2.95 espresso \$1.95
"Art of Tea" Selections \$1.95

♥ denotes healthy options which are low in fat, cholesterol and sodium

* public health advisory: consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk for foodborne illness, especially if you have certain medical conditions.