

## International Corner

Crunchy Granola Cereal

With tropical fruit salad, topped with natural yogurt and honey

Kippered Herring

With capers, onions and boiled potatoes

Smoked Salmon Plate

Served with cream cheese and traditional garnishes

## The Griddle

Pancakes

Buttermilk, banana or blueberry pancakes served with maple syrup

French Toast

Served with maple syrup

## Big Harbor

*Egg whites available*

Fast Fare Breakfast

Scrambled eggs with bacon or sausage links and toast

The Classic

Two jumbo eggs prepared to order, served with hash-brown potatoes, toast and your choice of hickory-smoked bacon, sausage links, turkey sausage or corned beef hash

Eggs Benedict

Toasted English muffin topped with grilled Canadian bacon, poached egg and hollandaise sauce

Omelettes

Served with hash-brown potatoes and toast. Prepared plain or with your choice of ham, cheese, smoked salmon, herbs or mushrooms

## Healthy Start

### Cold Cereals

*The above cereals can be served with sliced bananas, brown sugar, milk or skim milk*

Shredded Wheat • Bran Flakes • Rice Krispies • Special K • Corn Flakes • Froot Loops • Frosted Flakes • Granola • Raisin Bran • Cocoa Krispies • Cheerios

### Hot Cereals

Old-Fashioned Oatmeal • Cream of Wheat • Grits

### Fruits

Grapefruit Half • Bananas • Sliced Seasonal Melon • Stewed Prunes • Kadota Figs

### Regular or Fat-free Yogurt Selection

Plain or assorted fruit yogurt

## The Bakery

### Selection of Freshly Baked Bread

Served with cream cheese, margarine, assorted fruit jelly and jam

### Assortment of Condiments

Orange marmalade, strawberry jam, grape jelly, honey, blackberry preserves or apple cinnamon jelly

## Juices

Orange • Tropical • Cranberry • Prune • Tomato • Apple • V8

## Beverages

Freshly Brewed regular or decaffeinated coffee • Tea • Herbal Tea • Hot Chocolate • Milk