



FRESH FRUIT JUICES AND SMOOTHIES

Fresh Squeezed Juice \$ 6.50

Orange, Grapefruit or Carrot

Fresh Berries \$ 9.50

With a delicious Non-Fat Yogurt Splash

Papaya and Berries \$ 10.50

With Light Crème Fraiche

BBC Fresh Health and Energy Juice \$ 7.50

A Blend of Carrots, Apples, Celery and Parsley in a Carafe

Melon \$ 8.00

Cantaloupe or Honeydew

Stewed Prunes \$ 4.50

Pineapple, V-8 or Apple Juice \$ 4.50

Tropical Mango Smoothie \$ 8.50

With Mango, Peaches, Berries, Vanilla Yogurt and Protein Powder

LIGHT AND DIFFERENT

Fitness Breakfast \$ 13.50

Fruit or Vegetable Juice, Egg White Omelette with Reggiano Parmesan and Tomatoes, Sliced Melon and Multi Grain Toast

Fresh Fruit Plate \$ 13.50

Sliced Tropical and Seasonal Fruit with Honey Yogurt Splash

Swiss Muesli \$ 12.50

Cold Swiss Cereal of Toasted Oats, Bran, Fruit and Nuts

Continental Express \$ 13.50

Juice or Mixed Fresh Fruit, Bakery Basket, Coffee or Tea

Belgian Waffle \$ 13.50

Whipped Butter and Pure 100% Maple Syrup
With Berries \$ 15.00

Pecan Waffle \$ 13.50

Baked in Chopped Pecans, Whipped Butter
and Pure 100% Maple Syrup

Oatmeal or Cream of Wheat \$ 8.50

With Golden Raisins

With Berries or Bananas \$ 10.00

Smoked Salmon Platter \$ 16.50

Low Fat Cream Cheese, Bagel and Red Onions

TRADITIONAL BREAKFAST AND SPECIALTIES

Two Fresh Eggs, Any Style \$ 15.50

Choice of Tavern Ham, Bacon, Sausage or Turkey Patty With Breakfast Potatoes, Salsa and Toast or English Muffin

Poached Eggs Benedict \$ 15.50

Lean Canadian Bacon on English Muffin with a Light Hollandaise Sauce served with Fresh Fruit or Breakfast Potatoes

Scrambled Non-Cholesterol Eggs \$ 13.50

Home Made Delicious Bran Muffin and Mixed Fresh Fruit

Traditional Corned Beef Hash \$ 14.50

With Poached Eggs and Potatoes

Buttermilk Pancakes \$13.50 or Short Stack \$ 9.50

Fresh Fruit Pancakes \$ 13.50

Banana, Blueberry or Apple

Cinnamon Brioche French Toast \$ 12.50

Whipped or Pecan Butter, Mixed Fresh Fruit and Pure 100% Maple Syrup

The Ultimate French Toast \$ 14.50

Filled with Lingonberries, Ham and Gruyere Cheese

Warm Potato Pancake with Smoked Salmon \$ 16.50

Capers and Shaved Bermuda Onions

Classic European Breakfast \$ 14.50

With Prosciutto, Westfalian Ham, Brie, Swiss Cheese, Schinken Wurst and Cornichons served with Rye Bread

Petite Filet Mignon and Eggs \$ 21.50

With Breakfast Potatoes, Toast and Salsa

OMELETTES AND FRITTATAS

Served with Breakfast Potatoes and Tomato

Vegetable Omelette \$ 15.00

Mushrooms, Green Onion, Tomato and Cheddar Cheese

Smoked Bacon Omelette \$ 15.00

With Spoon Leaf Spinach and Onions

Ham and Cheese Omelette \$ 15.00

Sausage Mushroom Frittata \$ 15.00

With Tomatoes, Green Onions and Aged Cheddar

SIDES

Breakfast Potatoes \$ 5.00

Croissant, Danish or Muffin \$ 5.00

Mixed Fresh Fruit \$ 5.00

Breakfast Ham \$ 5.50

Bacon and Sausage \$ 5.50

Bagels with Cream Cheese \$ 5.50

Cottage Cheese \$ 3.00

Toast or English Muffin \$ 3.50

BEVERAGES

Freshly Brewed Coffee \$ 4.50

Espresso \$ 4.00

Cappuccino, Café Latte or Mocha \$ 5.00

Hot Chocolate \$ 4.00

Hot Tea \$ 3.50

Milk \$ 3.50