

Breakfast

Breakfast is Brilliant!

Start your day with our fresh healthy breakfast featuring our own egg recipes, hormone free milk from a local dairy, and fresh fruits along with home made jams and muffins. Read on for our breakfast menu and ingredient list.

Breakfast is served from 7am - 10am daily.

Frittata: Our egg dish is like a baked omelet. Made in our kitchen every morning from fresh eggs, whole milk and natural cheeses along with a changing selection of the following ingredients: roasted peppers and onions, grape tomatoes, broccoli, spinach, turkey sausage, sliced then roasted potatoes, and cheeses that include Mozzarella, Cheddar, Asiago and Fontina along with select spices. (Served from 8am-10am) Mild salsa served alongside for those wanting to 'spice things up a bit'! Staying several days? We also do an apple stuffed french toast for a sweet treat as an alternate dish!

Fresh Fruit: Hand cut fresh each morning cantaloupe, honey dew, red grapes, strawberries, tangelos, watermelon and blueberries (depending on availability).

Homemade Muffins: Baked in our kitchen using unbleached all-purpose flour, unsalted butter, sugar, eggs, aluminum free baking powder, lemon zest and fresh or frozen fruit (again, depending on availability).

Kellogg's Wheat and Bran Cereal

Cereal Toppers: Granola with honey and almonds, California raisins, fresh sliced strawberries or blueberries in season.

Milk: 2% from a local dairy that uses no growth hormones.

Breads for Toasting: Whole grain wheat, Cinnamon egg bread and Plain bagels with cream cheese.

Jams: Home made strawberry and blueberry jams from local fruits.

Beverages: Orange juice, whole bean Sumatra (ground daily) including regular and decaf, hot tea selection that includes Twinning's, Bigelow and Lipton. Cappucino or Espresso upon request.

Sweeteners: Local Honey, White Sugar, Cane Sugar and Artificial Sweeteners.

Whole Fruit: Depending on availability, bananas, apples and tangelos.

For small children: we have a selection of traditional children's cereals that we offer with parent permission.