

HEALTHY START

SEASONAL FRUIT PLATE	8.00
Sliced seasonal fruit fresh berries	
MIXED FRUIT WITH YOGURT	9.00
Diced melons fresh berries low-fat yogurt	
BERRY PARFAIT	8.00
Low-fat yogurt granola fresh berries	
YOGURT & QUINOA GRANOLA	8.00

FARM FRESH

EGGS BENEDICT	12.00
Choose one:	
Smoked salmon benedict	
Classic benedict with char-grilled bacon	
Florentine benedict with spinach, goat cheese, hollandaise	
Served With: Home fries	
THE OMELET	12.00
Cage free whole egg, egg whites or egg beaters	
Choice of three: ham swiss cheese cheddar feta	
spinach broccoli peppers onions mushrooms	
Served With: Home fries	
VEGGIE FRITTATA	11.00
Onions peppers mushrooms spinach	

ON THE SIDE

OATMEAL	6.00	ASSORTED CEREAL	4.00
CHEESE GRITS	6.00	ASSORTED YOGURT	4.00
BAGEL OR		APPLEWOOD	
CROISSANT	4.00	SMOKED BACON	5.00
ENGLISH MUFFIN	4.00	COUNTRY SAUSAGE	4.00
TOAST	2.00	HASH BROWNS	4.00

CHEF INSPIRED

FRENCH TOAST	12.00
Cream cheese stuffed toast cornflake crust	
basil-infused balsamic strawberries	
BUTTERMILK PANCAKES	10.00
Choice of : plain, blueberry or chocolate chip	
Freshly whipped cream warm maple syrup	
BELGIAN WAFFLE	10.00
Wild berries freshly whipped cream warm maple syrup	
THE HELDRICH	16.00
Choice of: pancakes or french toast	
Two eggs, any style bacon sausage coffee or tea	
HOUSEMADE CORNED BEEF & HASH	15.00
Served with two eggs, any style	
SMOKED SALMON PLATTER	18.00
Smoked Salmon chive-infused cream cheese capers	
hard boiled egg sliced red onion plain bagel	
STEAK & EGGS	20.00
NY strip steak two eggs, any style home fries	

HAND HELDS

BACON, EGG & CHEESE	8.00
Choice of: wrap, kaiser roll, or bagel	
Served With: Buffalo or plain tater tots	
SAUSAGE, EGG & CHEESE	8.00
Choice of: wrap, kaiser roll, or bagel	
Served With: Buffalo or plain tater tots	
PORK SANDWICH	12.00
Kaiser roll two eggs cheddar cheese	