

fruits & cereals

seasonal fruits & berries  11-

cereals

special k, cheerios, corn flakes, raisin bran,
frosted flakes with whole, 2% or skim milk 5-

granola 

whole, 2% or skim milk 5-

granola parfait 

greek yogurt, honey almond granola, fresh berries,
wildflower honey 9-

steel cut oatmeal 

candied walnuts, raisins, brown sugar 8-

stone ground grits 

butter, cheddar cheese 6-

banana berry smoothie 

greek yogurt, honey, orange juice, fresh berries 8-

egg classics

all egg dishes served with breakfast potatoes or fruit
egg whites available on all egg dishes

coastal morning

two farm fresh eggs any style, bacon or sausage,
choice of toast 15-

traditional eggs benedict

two soft poached eggs, canadian bacon,
toasted english muffin, hollandaise 16-

smoked salmon scramble

smoked salmon, scrambled eggs and chives, served over
cheddar cheese biscuits, horseradish cream 18-

create your own omelet 

any combination of mushrooms, tomatoes, peppers,
asparagus, spinach, avocado, ham, cheese or bacon 17-

breakfast panini

farm fresh eggs, fontina cheese, arugula,
griddled ham, warm tomato on sourdough with
roasted garlic aioli 16-

cuban benedict

mojo pork belly, heirloom tomato, swiss cheese,
toasted cuban bread, grain mustard hollandaise 17-

specialties

amaretto french toast

toasted almond, sweet mascarpone, banana,
warm maple syrup 15-

belgian waffle

"fresh off the iron", berry compote, whipped cream,
warm maple syrup 15-

buttermilk pancakes

"fresh off the griddle", choice of buttermilk or
loaded with blueberries, warm maple syrup 15-


smoked salmon

cream cheese, sliced tomato, capers, red onion,
toasted bagel 18-

opal skillet 

potatoes, onions, peppers, chicken-apple sausage, bacon,
jack cheese, caramelized onion aioli, tomato jam,
two eggs your way 15-

sides


selection of low-fat, non-fat or
greek style yogurt  5-

housemade potatoes  5-

fresh fruit & berries  7-

english muffin, toasted bread,
croissant, danish, muffin 4-

bagel & cream cheese 5-

applewood smoked bacon, ham, pork
sausage or chicken-apple sausage  6-

hydrations/barista

fresh squeezed juices

orange, grapefruit 6-

chilled juices

cranberry, apple, v8, tomato 4-

bloody mary or mimosa 11-

milk

whole, 2%, skim, soy, almond 4-

fresh brewed coffee regular, decaf 4-

espresso 5-

cappuccino or latte 6-

hot herbal teas 4-

 Gluten Free

Many items on this menu contain ingredients that are not listed; please inform
your server of any food allergies or dietary restrictions before you place your order.
Consumption of raw or undercooked food may result in an increased risk of foodborne illness.