



| CEREALS & FRUIT   |     | ENTREES   |     |
|---|-----|---|-----|
| <b>Oatmeal</b>  | 3/5 | <b>Pancakes (D)</b>   | 2/4 |
| Cup or bowl of oatmeal, with choice of walnuts, raisins, brown sugar, and sliced bananas. |     | 1 or 2 buttermilk pancakes with butter and syrup.                             |     |
| <b>Cold Cereal</b>  | 3   | <b>French Toast (D)</b>   | 2/4 |
| Cheerios, Honey Nut Cheerios, Raisin Bran, Special K, Rice Krispies, and granola.         |     | 1 or 2 pieces of French toast, with butter and syrup.                         |     |
| <b>Yogurt Parfait</b>   | 6   | <b>Breakfast Sandwich (D)</b>   | 7   |
| Plain or vanilla yogurt, granola, and mixed fruit.  |     | Toasted croissant, fried egg, cheddar cheese, and thinly sliced ham.          |     |
| <b>OMELETTES AND EGGS</b>   |     | <b>Lumberjack Breakfast (D)</b>   | 10  |
| Comes with fruit, hashbrowns, and choice of toast.  |     | Two pancakes, two eggs cooked to order, choice of protein, and side of fruit. |     |
| <b>Denver Omelette (GF/D)</b>   | 8   | <b>Quiche of the Day (D)</b>  | 6   |
| Ham, cheddar, onions, and bell peppers.   |     | Slice of chef's choice quiche.  |     |
| <b>Vegetable Omelette (GF/D/VG)</b>   | 7   | <b>Waffle (D)</b>   | 6   |
| Spinach, tomato, mushrooms, peppers, and cheese.  |     | One waffle, with butter and syrup.  |     |
| <b>Three-Cheese Omelette (GF/D/VG)</b>  | 7   | <b>Biscuits and Gravy (D)</b>   | 4/6 |
| Cheddar, Fontina, and Gruyere.  |     | Sausage gravy, biscuits and two eggs.   |     |
| <b>Egg Breakfast</b>  | 7   | <b>SIDES</b>  |     |
| Two cage-free and pastuerized eggs cooked to order.                                       |     | <b>Fresh Baked Pastry of the Day</b>  | 3   |
| <b>BEVERAGES</b>  |     | <b>Sausage Links (2)</b>  | 3   |
| <b>Coffee</b>   | 0   | <b>Bacon (2)</b>  | 3   |
| <b>Hot Tea</b>  | 1   | <b>Hashbrowns</b>   | 2   |
| <b>Milk</b>   | 2   | <b>Mixed Fruit</b>  | 2   |
| Skim, 2 %, Oat, Almond, Soy, Lactose-Free, and Whole                                      |     | <b>Whole Fruit</b>  | 2   |
| <b>Juice</b>  | 2   | Apple, Orange, Banana   |     |
| Lemonade, Apple, Cranberry, Orange, Prune   |     | <b>Applesauce</b>   | 2   |
|   |     | <b>Toast</b>  | 1   |
|   |     | White, Nine-Grain, Sourdough, Rye, Raisin, or English Muffin                  |     |