

## classic breakfast

### All-American\* [836 cal.] with juice and coffee [951 cal.]

Two eggs any style, breakfast potatoes, choose bacon, ham steak, sausage or Canadian bacon, choose toast, bagel or muffin. Includes juice and coffee 16.50

### Good start oatmeal [455 cal.] with juice and coffee [570 cal.]

Oatmeal or house-made granola, fresh berries or bananas, skim milk, choice of toast, bagel or muffin. Includes juice and coffee 12.50

## etc.

Oatmeal, brown sugar, raisins, milk 7.50

Cereal with choice of milk 4.50

Turkey sausage\* 4.50

Applewood smoked bacon\* 4.50

Sausage\* 4.50

Breakfast potatoes 4.50

Blueberry muffin or toast 3

Toasted bagel and cream cheese 5.25

Fruit of the Moment Platter 8.50

Fruit Cup 4.50

Housemade giant cinnamon roll 7.50 v

Fruit of the Moment Platter 8

GF = Gluten-Free V = Vegetarian

*If you have any concerns regarding food allergies, please alert your server prior to ordering.*

*\*Consuming raw or undercooked meats, fish, shellfish or fresh shell eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.*

## signature acai-granola bowls

**The Anti-Oxi**, acai, strawberries, blueberries, banana, filtered water [420 cal.] 12.50 V

**Protein**, acai, peanut butter, blueberries, chai seeds, banana, filtered water [680 cal.] 12.50 V

**Healthy heart**, acai, coconut cream, strawberries, banana, blueberries, coconut milk [618 cal.] 13 V

**Pick two toppings**, strawberries, blueberries, dried tart cherries, agave, maple syrup, peanut butter, pumpkin seeds, apples

## from the griddle

Comes with choice of bacon, sausage or turkey sausage and breakfast potatoes

**Pancake breakfast**, choice of plain [395 cal.], blueberry [430 cal.], strawberry [427 cal.], chocolate [578 cal.] 11.50 V

**Belgian waffle**, berries, whipped cream, chopped pecans, [860 cal.] 12.50 V

**Crunchy French toast**, berries, whipped cream, [895 cal.] 14 V

## specialties

**Avocado toast**, smashed avocado, pickled red onion, feta, roasted tomatoes, microgreens, sourdough bread [552 cal.] 9.50 V

**Chesapeake Bay**, two poached cage-free eggs, blue crabmeat, onions, tomatoes, swiss cheese, hollandaise, breakfast potatoes [813 cal.] 19

**Eggs Benedict\***, toasted English muffin, Virginia cured ham, two soft poached cage-free eggs, hollandaise, breakfast potatoes [1004 cal.] 14

**Broken yolk sandwich**, choice of bread, two cage-free eggs, cheddar, honey-smoked ham, applewood smoked bacon, breakfast potatoes [803 cal.] 11.50

**Veggie egg white frittata**, spinach, mushrooms, tomato, avocado, fat-free mozzarella, breakfast potatoes [457 cal.] 12.50 V, GF

## 3-egg omelets

**Comes with choice of bacon, sausage or turkey sausage and breakfast potatoes**

**Western omelet**, chorizo, mixed peppers, onions, shredded cheddar cheese, topped with salsa [759 cal.] 13.50

**Three-meat omelet**, bacon, sausage, ham, shredded cheddar cheese [841 cal.] 13.50

**Jumbo crab omelet**, jumbo lump crab, spinach, tomatoes, Swiss cheese [516 cal.] 17

**Veggie egg white omelet**, tomatoes, mushrooms, onions, mixed peppers, spinach, goat cheese [408 cal.] 13.50 V

**Build your own three egg omelet**, fillings: bacon, ham, sausage, chorizo, jalapeños, tomatoes, bell peppers, spinach, mushrooms, onions, cheddar jack cheese, Swiss, goat cheese 15

## beverages

Fresh orange juice 5.50

Tomato, apple, cranberry or grapefruit 4.50

Segafredo Coffee: regular and decaffeinated 4.50

Espresso 5.50

Cappuccino 5.50

Latte 5.50

Assorted tea 3.50

Milk: whole, skim, 2%, almond 3.50

Soft Drinks: Pepsi, Diet Pepsi, Sierra Mist, Mountain Dew, Root Beer, Fanta Orange, Lemonade, Ginger Ale 3.50

Voss and Aqua Fina Bottled Water: still or sparkling 4.50