

THE CONTINENTAL

enjoy our selection of fruits, cereals, yogurts, and fresh baked breakfast breads from the breakfast bar with juices, coffee & assorted teas **16**

BREAKFAST BAR

seasonal fruits, cereals, pastries, breakfast specialties, eggs & made to order omelets, juices, coffee & assorted teas **18**

GRAINS AND FRUITS

SEASONAL FRUIT (GF)*

strawberry banana purée, honey lime syrup, berries, melon, pineapple and orange **10**

STEEL CUT OATMEAL (GF)* **9**

GRANOLA YOGURT PARFAIT

fresh mint, berry compote **8**

MATCHA CHIA FRUIT SMOOTHIE (GF)*

matcha tea, chia seeds, mango, banana, coconut milk and Greek yogurt **7**

BAKERY BASKET

butter croissant, today's muffin, danish, whipped butter, fruit preserves **9**

MAIN PLATES

EGGS YOUR WAY

two farm fresh eggs, choice of apple-wood smoked bacon, ham, turkey or pork sausage, red bliss potatoes and toast **13**

BUTTERMILK PANCAKES

your choice plain, blueberry, banana, or chocolate chip pancakes with butter and warm syrup **12**

WAFFLES OR GLUTEN FREE* WAFFLES

topped with strawberries, whipped cream, butter and warm syrup **12**

CRAB BENEDICT

two poached eggs served atop lump crab cakes, with hollandaise sauce and fresh grilled asparagus **18**

APPLE GRIDDLE CAKES (GF)*

quinoa, sorghum, millet, job's tears and steel cut oats blended with apples, dried cranberries and spices, served with Greek yogurt and mixed berry sauce **14**

CREATE AN OMELET

your choice of peppers, spinach, asparagus, mushrooms, onions, oven-fired tomato, sharp cheddar, feta, swiss, goat cheese, ham or sausage with red bliss potatoes and toast **16**

VEGETABLE FRITTATA (GF)*

choice of egg whites or free range eggs with onions, peppers, asparagus, oven-dried tomatoes, fine herbs, goat cheese, red bliss potatoes and toast **12**

SIDES

FRESH GRILLED ASPARAGUS **7**

BREAKFAST MEATS

your choice of ham, apple-wood smoked bacon, turkey or pork sausage **4**

NEW YORK BAGELS

whipped butter, cream cheese, fruit preserves **7**

ENGLISH MUFFIN **4**

*Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase the consumers' risk of food borne illnesses.

*GF - Gluten free items are made with gluten free ingredients; however, since prepared in a kitchen which handles gluten ingredients, we cannot ensure that no cross contamination has occurred.