

On the Side

Hot Sides

crispy bacon, grilled ham steak, pork link sausage, turkey sausage

Vegetables and Potatoes

grilled tomatoes, roasted mushrooms, hash brown potatoes, sautéed potatoes, baked beans

Baked Just for you

Selection of Pastries

croissant, pain au chocolat, Danish, muffin, donut

Bread

white or whole wheat rolls, sliced white bread, pumpernickel, white, rye or whole wheat toasts, bagels, English muffins

Beverages

Hot Drinks

American coffee, decaffeinated coffee, hot chocolate, selection of teas and infusions

Milk

whole or skim milk

Juices

orange, pineapple, plum, V8, apple, cranberry, grapefruit, tomato



Kids' Menu

Strawberry Pancakes

Donuts

French Toast Sticks with Syrup

Scrambled Eggs with Cheese

Nutella-Stuffed French Toast



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If you have any allergy or sensitivity to specific foods, please notify our staff before ordering.

If you require a special diet please ask our Restaurant Manager one day in advance.

*Public Health advisory: Consuming raw or undercooked meats (poultry, beef, lamb, pork, etc.), seafood, shellfish or eggs may increase your risk of food borne illness, especially if you have certain medical conditions.

Fruit and Yogurt

Fruit

fruit salad, half grapefruit, selection of fresh fruit, baked apples, stewed prunes, fruit in syrup

Yogurt

assorted fruit flavors, plain, low-fat

Jams and Preserves

fruit jams, low sugar jams, honey, salted or unsalted butter, margarine, peanut butter

The Fiber Harbor

Hot Cereals

oatmeal, cream of wheat, grits
[brown sugar and raisins on request]

Cold Cereals

Corn Flakes, Choco-Krispies, Frosted Flakes, Muesli, Rice Krispies, All-Bran, Froot Loops, Honey Loops

Birchermuesli

cereals, plain yogurt, apples, walnuts and honey

Cold Dishes

Smoked Salmon, Bagel and Cream Cheese*

red onions, tomatoes and capers

Cold Cuts

salami, ham, mortadella, turkey

Selection of International Cheeses

ricotta, Gouda, Swiss cheese, mild provolone

Breakfast Entrées

Eggs

Express Breakfast*

scrambled or fried eggs, pork link sausage, bacon and hash browns, served with toasted bread or freshly baked rolls and fruit juice

Your Choice of Eggs to Order*

sunny side up, over easy, boiled, scrambled or poached

Cheese & Mushroom Omelet*

Light Omelet with Egg Beaters*

prepared plain or with your choice of vegetables of the day

Griddle

Buttermilk Pancakes

whipped cream served with strawberries or blueberry sauce