

REST & RELAXATION

AVOCADO TOAST 15
toasted multigrain, avocado spread,
2 eggs any style, grape tomatoes,
arugula, citrus vinaigrette

KICKSTART BAGEL SANDWICH 13
jalapeño cheddar bagel, fried eggs,
bacon, cheddar, tomato, onion,
arugula, roasted potatoes

SUNRISE OMELET 15
spinach, peppers, onions, fontina
cheese, roasted potatoes, choice of
toast

HIGH TIDE FILL UP 13
2 eggs your way, bacon or sausage,
roasted potatoes, choice of toast

SALT WATER B.E.L.T 13
smoked bacon, fried eggs, arugula,
tomatoes, herb mayonnaise,
ciabatta, roasted potatoes

BANANA NUT PANCAKES 13
banana, candied pecans, maple
syrup

BLUEBERRY ALMOND OATMEAL 11
steel cut oats, fresh blueberries,
toasted almonds, brown sugar and
cinnamon

ON THE GO

YOGURT PARFAIT 12
vanilla yogurt, blueberries,
raspberries, strawberries, granola

FRUIT 10
cantaloupe, honeydew, pineapple,
grapes, strawberries

FRESHLY BAKED

CROISSANT 4

CHOCOLATE CROISSANT 5

CHERRY YOGURT DANISH 6

PARMESAN LEEK DANISH 7

CINNAMON BUN 6

KIDS

CEREAL 7

PANCAKES 7
plain or chocolate chip

FULL BREAKFAST 7
one egg, choice of bacon or sausage,
potatoes, and choice of toast

BEVERAGES

**LOCALLY BREWED COFFEE, DECAF,
ASSORTED TEA 4**
oat milk, almond milk, 2% milk,
whole milk, half n half available

ESPRESSO 3

CHAI LATTE 6

DOUBLE ESPRESSO 6

COLD BREW 6

WHOLE MILK LATTES 7

LIFE WATER 6

**ORANGE, APPLE OR CRANBERRY
JUICE 3.5**

HOT CHOCOLATE 4.5



**SALT
water**