



Breakfast Menu

Mix It Up

Muscle Power, Almond Butter, Banana, Almond Milk 8

Avocado Dream, Avocado, Peach, Strawberry, Pomegranate, Greek yogurt 8

Antioxidant, Goji berry, Cranberry, Blueberry, Pomegranate, Papaya 8

Breakfast

Challah French Toast, Strawberry Preserves, Lemon Mascarpone 12

Pancakes, 3 chocolate Chip, Pecan Lemon Ricotta or Blueberry, Banana 12

Wellness Egg Whites, Spinach, Mushrooms, Green Onion, Tomato 12*

American Breakfast, Two Eggs, Choice of Breakfast Meat, Toast or Bakery Basket 11*

Continental Breakfast, Toast or Bakery basket, Seasonal Fruit, Choice of juice, coffee or tea 8

Seasonal Fruit & Berries, Non-Fat Greek yogurt or Cottage Cheese 8

Steel Cut Scottish oats, Coconut milk, mango puree, dried fruits, nuts and raw honey 10*

Eggs Benedict, Tomato, Hollandaise, Canadian bacon, Potatoes 12*

Huevos Rancheros, fried eggs, Cheese, soft tortillas, Green chili, black beans 14*

Smoked Salmon, Tomato, Caper, Onion, egg, Bagel, Cream Cheese 11

Breakfast Meats, Applewood Smoked Bacon, Grilled Ham, Chicken Apple Sausage 5

JUICES 3

SODA 2

ICED TEA 2

WELL BLOODY MARY 8

MIMOSA 7

WELL SCREWDRIVER 6

** These items may be served raw or undercooked, or contain raw or undercooked ingredients * Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions*