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# **THOUGHTFULLY SOURCED \* REGIONALLY INSPIRED**

#### **BREAKFAST BUFFET** \$16.00 Local, Fresh, Delicious

EGG WHITE, MUSHROOM AND ORGANIC SPINACH OMELET \$10.00 Capriole goat cheese with a side of low fat yogurt and seasonal berries

**SMOKED SALMON**\* \$14.00 Onion, tomato, capers and cream cheese



WHENEVER POSSIBLE WE USE FRESH PRODUCE GROWN AT LOCAL FARMS 6

✤ EGGS AND GREENS\* <sup>\$</sup>11.00 Two poached Rose Acres cage free eggs over organic spinach with a side of low-fat yogurt and berries

# BISCUITS AND

**GRAVY**\* <sup>\$</sup>12.00 Fresh baked raised biscuit and sausage gravy or Sawmill gravy with two local cage free eggs

**SHRIMP N' GRITS** <sup>\$</sup>14.00 White shrimp, Mariah smoked ham, Weisenberger Mill grits and poached eggs

#### **VEGETARIAN BREAKFAST HASH** <sup>\$</sup>10.00 Sweet potato and vegetable hash, two cage free eggs, and green

two cage free eggs, and green tomato salsa

#### BUTTERMILK PANCAKES \$12.00 Macerated blueberries and maple syrup

#### **BOURBON PECAN FRENCH TOAST** <sup>\$</sup>11.00

French toast covered in pecans and a bourbon infused maple syrup, fresh cream, strawberries and macerated rhubarb STEEL CUT OATMEAL \$9.00

- Bananas, honey, almond, walnut granola
- Bourbon pecans and blueberries

OMF

Brown sugar, raisins and milk

### **COUNTRY SAUSAGE OMELET** <sup>\$</sup>12.00

Spicy link, onion, potato, and Kenny's Farmhouse Monterey jackjalapeno cheese with homestyle potatoes and caramelized leeks

#### FRIED CHICKEN BENEDICT <sup>\$</sup>12.00

Biscuit, country style greens and poached eggs

**TWO CAGE FREE EGGS ANY STYLE\*** <sup>\$</sup>12.00 Breakfast potatoes, choice of meat

**WAFFLE** <sup>\$</sup>11.00 Strawberries, blueberries and Vermont maple syrup



# QUENCH

Torrefazione Italia<sup>®</sup> Coffee <sup>\$4.00</sup>

Bottled Water: Still or Sparkling \$3.00

Juices \$4.00

Strawberry Banana Smoothie <sup>\$</sup>5.00

Mimosa+ <sup>\$</sup>8.00

Bloody Mary+ \$8.50

## ALTERNATIVES

Seasonal Fruit and Berries \$10.00

Yogurt parfait with macerated raspberries and blueberries, house made walnut and almond granola \$8.00

Pastry Basket, choose 2 from the daily selection 6.00

Biscuit and Gravy \$4.00

Weisenberger Mill Grits with Kenny's Farmhouse Cheddar <sup>\$</sup>6,00

Bacon-Jelly Bites \$6.00

📀 StayFit Cuisine

CONSUMING RAW OR UNDERCOOKED MEATS, POULTRY, SEAFOOD, SHELLFISH OR EGGS MAY INCREASE YOUR RISK OF FOODBORNE ILLNESS\*
+SUNDAY ALCOHOL SALES ARE NOT AVAILABLE UNTIL 1PM