

breakfast

balanced selection

By following our Balanced Selection for each meal, you will be nourished with a wide, balanced variety of fresh fruits and vegetables, healthy fats, whole grains and lean proteins. You will enjoy 1600 to 1800 calories per day and take in less than 2300 milligrams of sodium.

EGG WHITE OMELET GF 125 / 7 • 13 • 5 / 1

With vegetable filling & low-fat cheese

SPROUTED MULTI-GRAIN BREAD V

90 / 19 • 3 • tr / 2

FRUIT PRESERVES GF V 45 / 11 • tr • tr / 1

LOW-FAT PLAIN YOGURT GF 60 / 6 • 4 • 2 / tr

fruits

CANTALOUPE (1/4 MELON) GF V 20 / 5 • 1 • tr / 1

HONEYDEW (1/8 MELON) GF V 15 / 8 • tr • tr / 1

GRAPEFRUIT (1/2) GF V 40 / 11 • 1 • tr / tr

BANANA (1/2) GF V 35 / 9 • tr • tr / 1

FRESH BERRIES (1/4 CUP) GF V 20 / 5 • tr • tr / 2

PRUNES (3) GF V 60 / 16 • 1 • tr / 1

PASSION STRAWBERRY SMOOTHIE GF V

130 / 34 • 1 • tr / 3

With whey protein powder GF V 180 / 35 • 13 • tr / 3

With rice protein powder GF V 210 / 41 • 12 • 1 / 4

juices

FRESHLY SQUEEZED ORANGE JUICE GF V 55 / 14 • 1 • 0 / 3

GRAPEFRUIT JUICE GF V 50 / 7 • 0 • 0 / tr

CRANBERRY JUICE BLEND GF V 55 / 13 • 0 • 0 / tr

APPLE JUICE GF V 55 / 15 • 0 • 0 / tr

GRAPE JUICE GF V 60 / 16 • 0 • 0 / tr

TOMATO JUICE GF V 25 / 5 • 1 • 0 / 1

PRUNE JUICE GF V 90 / 22 • 1 • 0 / 2

The serving size of all juices is 4 oz.

entrées

TURKEY HASH WITH POACHED EGG 310 / 40 • 22 • 7 / 4

Served with sprouted multi-grain toast

WHOLE-WHEAT PANCAKES 340 / 61 • 8 • 8 / 3

Choice of blueberry, apple, or strawberry, served with maple syrup

MULTI-GRAIN FRENCH TOAST 295 / 59 • 8 • 4 / 3

Sprouted multi-grain bread served with maple syrup

STUFFED FRENCH TOAST 310 / 55 • 9 • 7 / 4

Golden flaxseed bread stuffed with low-fat cream cheese and fresh strawberries, served with maple syrup

OMELETS GF

Three egg whites only 45 / 1 • 9 • tr / 0

One whole egg & two egg whites 105 / 1 • 13 • 5 / 0

Add vegetable filling 25 / 6 • 1 • tr / 1

Add low-fat cheese 55 / tr • 3 • 5 / tr

ALL AMERICAN BREAKFAST 365 / 35 • 26 • 14 / 4

Two eggs any style, served with chicken sausage patty, fruit salad and sprouted multi-grain toast

LOX AND BAGEL 235 / 32 • 15 • 6 / 2

Half bagel with lox, lettuce, tomato and low-fat cream cheese

accompaniments

CHICKEN SAUSAGE PATTY (1) GF 75 / 1 • 9 • 3 / tr

CHICKEN SAUSAGE LINK (1) GF 55 / 1 • 7 • 3 / tr

SIDE EGG GF 75 / tr • 6 • 5 / 0

Poached, scrambled, or hard boiled

HOT SEVEN-GRAIN CEREAL V 95 / 17 • 4 • 1 / 1

CANYON RANCH GRANOLA GF V 200 / 33 • 5 • 9 / 5

Homemade granola with nuts, dried fruit and Certified Gluten-Free oats

HOT STEEL-CUT OATMEAL GF V 155 / 26 • 7 • 3 / 4

Made with Certified Gluten-Free oats

LOW-FAT COTTAGE CHEESE GF 50 / 2 • 7 • 1 / tr

LOW-FAT SIDEHILL FARMS PLAIN YOGURT GF

60 / 6 • 4 • 2 / tr

LOW-FAT SIDEHILL FARMS FRUIT YOGURT GF

80 / 11 • 4 • 2 / tr

PEANUT BUTTER DELIGHT (2T) GF 70 / 6 • 5 • 3 / tr

FRUIT PRESERVES (2 T) GF V 45 / 11 • tr • tr / 1

LOW-FAT CREAM CHEESE (1T) GF 35 / 1 • 2 • 3 / 0

bread and bagels

FRESHLY BAKED MUFFIN OF THE DAY

BANANA BREAD 125 / 20 • 2 • 5 / 1

PUMPKIN BREAD 180 / 31 • 3 • 5 / 2

SPROUTED MULTI-GRAIN BREAD V 90 / 19 • 3 • tr / 2

GLUTEN FREE OAT BREAD GF V 125 / 20 • 6 • 3 / 3

Made with Certified Gluten Free oats

WHOLE-WHEAT BREAD V 85 / 18 • 3 • tr / 2

CARAWAY RYE BREAD V 100 / 19 • 3 • 2 / 2

GOLDEN FLAX SEED BREAD V 125 / 24 • 4 • 2 / 2

WHOLE-WHEAT BAGEL (1/2) V 140 / 31 • 4 • tr / 1

PUMPERNICKEL BAGEL (1/2) V 145 / 31 • 4 • tr / 1

CINNAMON RAISIN BAGEL (1/2) V 160 / 35 • 4 • tr / 1

SPROUTED-GRAIN BAGEL (1/2) V 125 / 25 • 5 • tr / 2

Nutrient Analysis: Calories / carb grams . protein grams . fat grams / fiber grams tr = trace (less than 1 gram)

A = Contains a trace of alcohol V = Vegan (contains no animal product) GF = Gluten-Free (no wheat, rye or barley)

We offer a variety of fresh prepared gluten-free items (no wheat, rye or barley). However, our kitchens are not gluten-free environments.

Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of food borne illness, especially if you have certain medical conditions.

If you have food allergies or sensitivities, please let your server know.