

## Early Morning Specials

### Morning Continental Plate • 1,020

two eggs any style, greek yogurt, fresh fruit and salad 🥚🥛🥗

toast: white, 10-grain whole wheat or english muffin

cereal: granola or choco crispy

juice: orange or apple

coffee or tea

### Healthy Nut Granola • 480

almonds, pecan nuts, walnuts, pumpkin seeds and honey and maple syrup signature blend

• 440 kcal 🥛

⊕ banana • 80 • 61 kcal

### Good Morning Tokyo Oatmeal • 470

whole, low-fat, nonfat milk or soy milk

• 307 kcal 🥛🥚🥛

⊕ banana • 80 • 61 kcal

⊕ roasted almonds • 80 • 179 kcal

### Egg White Frittata • 1,250

feta cheese, roasted zucchini, peppers, scallions, fava bean and chickpea toast with fruit salad • 570 kcal 🥚🥛🥗

### Avocado Toast • 800

sourdough, poached eggs and cherry tomatoes

• 598 kcal 🥚🥛

## Sweet Treats

### Two Buttermilk Pancakes and Berries • 1,000

with pecan orange butter and maple syrup

• 830 kcal 🥚🥛🥛🥛

⊕ three pancakes • 1,420 • 1,005 kcal 🥚🥛🥛🥛

⊕ banana • 80 • 61 kcal

### Brioche French Toast • 1,380

roasted strawberry compote and sweet mascarpone

• 1,025 kcal 🥚🥛

## Chilled

### Fresh Fruit Bowl • 760

melon, pineapple, orange, banana

and berries • 192 kcal 🥗🥗

### Half Grapefruit • 250

plain or honey-glazed • 74 kcal 🥗🥗

### Fresh Berries • 340 | 670 • 46 kcal | 91 kcal 🥗🥗

### Greek Yogurt and Honey • 470 • 194 kcal 🥛🥛

### Greek Yogurt and Açai Berry Parfait • 940

nut granola, walnuts and mixed berries • 375 kcal 🥛🥛

### Greek Yogurt Parfait with Banana Brûlée • 940

cacao granola, honey and raspberries • 340 kcal 🥛

## Bakery

### White or Whole Wheat Toast • 110

• 126 kcal 🥚🥗

### Bagel • 300 • 261 kcal

⊕ cream cheese • 60 • 367 kcal 🥛

### Smoked Salmon on Bagel • 1,020

with cream cheese, red onion, lemon and capers • 452 kcal 🥚🥛

### Fava Bean and Chickpea Toast • 190

• 63 kcal 🥗🥗🥗🥗 gluten-free item from gluten-using bakery

### Sourdough Toast • 130 • 254 kcal 🥛

### Housemade English Muffin • 130

• 154 kcal 🥚🥚🥚

### Doughnut • 170

plain, cinnamon sugar, chocolate sprinkles or rainbow sprinkles • 242 kcal 🥚🥚🥗🥗

## Eggs

### Eggs Benedict

with hash browns 🥛

⊕ ham • 1,230 • 992 kcal 🥛

⊕ smoked salmon • 1,230 • 992 kcal 🥛

⊕ roasted sweet peppers and onions and spinach • 1,070 • 897 kcal 🥛🥗

### Egg and Sausage Breakfast Quesadilla • 1,380

cheddar cheese, roasted peppers, onions, salsa and chili beans with two rashers of bacon

• 890 kcal 🥚🥛

### Mexican Omelet • 1,040

cherrywood-smoked bacon, roasted sweet peppers and onions, cilantro, avocado, cheddar cheese, tomato salsa, sour cream, and rancho beans

• 929 kcal 🥗🥛

### Three Whole Egg Omelet\* • 1,020

toast and hash browns

\*egg white omelet available • 850 kcal 🥚🥚

choose three fillings: spinach, tomato, mushrooms, onions, sweet peppers, swiss cheese, ham, pork sausage, tomato salsa

### Bacon and Egg Sandwich • 1,050

sliced tomato, 10-grain bread and hash browns

• 989 kcal 🥚🥛

### Morning Combo • 1,020

two eggs any style, cherrywood-smoked bacon, pork links, roasted cherry tomatoes, toast and hash browns

• 832 kcal 🥛🥚🥚🥚

⊕ buttermilk pancake • 320 • 425 kcal 🥛🥚🥗

### Beef Brisket and Sweet Potato Hash • 1,480

roasted peppers and onions and two sunny-side up eggs

• 954 kcal 🥚🥛

### Rib Eye Steak and Eggs • 1,710

5oz american rib eye steak, two eggs any style, toast and hash browns

• 798 kcal 🥛🥚🥚

### Strip Steak and Eggs • 3,120

8oz american strip steak, two eggs any style, toast and hash browns

• 942 kcal 🥛🥚

## Extras

### Pork Links • 250

three sausages • 144 kcal

### Grilled Ham • 290

two slices • 198 kcal

### Cherrywood-Smoked Bacon • 180

two rashers • 262 kcal

### Hash Browns • 180

• 210 kcal 🥛

### One Pancake • 320

• 425 kcal 🥛🥚🥚

### One Egg • 120

any style • 90 kcal

## Smoothies

### Mango Tango • 250 | 500 • 128 kcal | 256 kcal

### Mixed Berry • 250 | 500 • 116 kcal | 231 kcal

## Homemade Smoothies

### Almond and Banana Protein • 670

banana, almond milk, chopped almonds, whey protein powder and cinnamon • 534 kcal

### Açaí Power • 620

açaí berry juice, strawberries, raspberries, banana, soy milk, orange juice and granola • 276 kcal

## Water

### San Pellegrino (sparkling)

• 640 (500 ml) | 1,170 (1 L)

### Perrier (sparkling)

• 510 (330 ml)

### Acqua Panna (still)

• 640 (500 ml) | 1,170 (1 L)

### Fuji (still) • 140 (500 ml)

## Soft Drinks \*unlimited refills

### Fresh-Squeezed Orange Juice • 390 | 830

### Homemade Vanilla Coke • 510

vanilla bean cordial and coca-cola

### Homemade Ginger Ale • 620

black pepper and ginger cordial, fresh lemon and soda

### Handmade Lemon Squash • 510

fresh lemon juice, simple syrup and soda

### Arnold Palmer\* • 410

iced tea and lemonade

### Wilkinson Spiced Ginger Ale (bottle) • 410

### Soda\* • 210 | 410

coca-cola, coke zero, lemonade or canada dry ginger ale

### Canned Soda • 370

coke zero, diet ginger ale, dr. pepper, root beer or 7 up

### Juice • 270 | 510

apple, cranberry, orange, grapefruit or tomato

### Milk • 200 | 390

whole, low-fat, nonfat or soy

### Chocolate Milk • 210 | 410

hot or iced

## Coffee and Tea \*unlimited refills

### Coffee\* • 460

Espresso\* • 460

Decaf • 460

### Cappuccino • 490

Caffé Latte • 490

Mocha • 490

⊕ caramel syrup • 50

⊕ chocolate syrup • 50

### Hot Tea • 310

earl grey, english breakfast, masala chai, jasmine reserve, mint green, apricot escape\*, french lemon ginger\*, egyptian chamomile\*, italian blood orange\*

\*caffeine free

### Iced Tea\* • 310

black, tropical black, hibiscus berry\*

\*caffeine free

All eggs are Iwate farm-produced.