









## MORNING SPECIALS

### RISE 'N' SHINE OATMEAL · 550

whole, low-fat, nonfat milk or soy milk  
310 kcal     
+ banana 90 | 60 kcal   
+ roasted almonds 90 | 180 kcal 

### BREAKFAST BAR

· 1,700 | ages 11 & under 900

today's selection of breads, fruit, salad, cereal, juice, coffee, two eggs any style  
+ pork & fennel sausage 300 | 150 kcal   
+ two slices of grilled ham 320 | 198 kcal   
+ two bacon rashers 300 | 262 kcal 








### GREEK YOGURT WITH HONEY · 600

200 kcal  



### PARFAIT · 1,050 AÇAÍ BERRY & GARA GREEK YOGURT

crunchy granola, walnuts, fresh berries  
380 kcal  

### AVOCADO TOAST

smashed avocado, grilled sourdough, mashiko baby leaves  
+ tomatoes 1,000 | 500 kcal    
+ poached eggs 1,050 | 600 kcal      
+ meredith dairy goat cheese, smoked salmon  
1,500 | 750 kcal  


### ARTISANAL GRANOLA · 550 HEALTHY NUT CRUNCH

signature blend of honey & maple syrup  
440 kcal  

### MAPLE PISTACHIO

olive oil, coconut 470 kcal  

### CINNAMON APPLE

pecans, almonds, dried apple, vanilla  
440 kcal  

### FRESH FRUIT BOWL · 800




seasonal fruit selection 190 kcal  

### HALF GRAPEFRUIT & MIXED BERRIES · 400




50 kcal  

## BIG BREAKFAST · 1,900




### THE HERCULES

ricotta pancakes, two eggs any style, bacon, pork & fennel sausage, thyme-roasted potatoes  
990 kcal   

### THE AJAX

rib eye steak, belgian waffle, béarnaise sauce, thyme-roasted potatoes, mixed green salad  
990 kcal     
+ two eggs any style 280

### THE AMERICAN

biscuits and gravy, two eggs any style, bacon, pork & fennel sausage, thyme-roasted potatoes  
990+ kcal   

## MORNING CLASSICS

### BELGIAN WAFFLE · 1,050

whipped butter, maple syrup  
600 kcal   

### RICOTTA PANCAKES · 1,050

whipped butter, maple syrup  
600 kcal    

+ blueberry compote, fresh strawberries 1,250  
950 kcal    

+ smoked brisket, sunny-side up eggs, sour cream 1,950  
1,050 kcal   

## FROM THE BAKERY

### WHITE OR WHOLE WHEAT TOAST · 130

130 kcal  

### SOURDOUGH TOAST · 150

200 kcal 

### FAVA BEAN & CHICKPEA TOAST · 200

70 kcal  

gluten-free item from gluten-using bakery

### ENGLISH MUFFIN · 150



150 kcal   

## HANDCRAFTED SMOOTHIES

### BANANA COCONUT · 750

banana, shaved coconut, yogurt, maple syrup, valrhona chocolate, coconut water  
373 kcal    

### BERRY CITRUS OAT · 750

strawberry, blackberry, raspberry, orange juice, oats, honey  
277 kcal  

+ add any health booster 150

flaxseed oil · chia seeds · ginger · collagen gelatin · whey protein powder

## EGGS













### EGG WHITE & KALE FRITTATA · 1,000

sweet peppers, tomato, avocado  
650 kcal   







### MEXICAN OMELET · 1,200

bacon, roasted sweet peppers and onions, avocado, cheddar, ranchero beans, salsa, cilantro, sour cream  
900 kcal    




### EGGS BENEDICT

thyme-roasted potatoes  
garden benedict 1,300 | 900 kcal      
ham 1,360 | 950 kcal      
smoked salmon 1,400 | 950 kcal    




### BREAKFAST WRAP · 1,000

scrambled eggs, cheddar, bacon, avocado, ranchero beans, salsa  
650 kcal     
+ make it texan with smoked beef brisket 1,600  
800 kcal   

### THREE-EGG OMELET · 1,130

thyme-roasted potatoes, choice of toast  
850 kcal     
choose three fillings: spinach · tomato · mushrooms · onions · sweet peppers · swiss cheese · ham · pork & fennel sausage · salsa

### BACON AND PORK & FENNEL SAUSAGE BREAKFAST · 1,400

two eggs any style, roasted tomatoes, thyme-roasted potatoes, choice of toast 850 kcal   

## BREAKFAST BOOSTERS

**PORK & FENNEL SAUSAGE** · 300  
150 kcal 🌾

**TWO SLICES OF GRILLED HAM** · 320  
198 kcal 🌾

**TWO BACON RASHERS** · 300  
262 kcal 🌾

**THYME-ROASTED POTATOES** · 250  
200 kcal 🌾 🥚

**BUTTER-SAUTÉED SPINACH** · 510  
16g kcal 🥚 🌾 🥚

**ONE EGG ANY STYLE** · 100  
90 kcal 🥚 🌾 🥚

**FRESH FRUIT BOWL** · 800  
190 kcal 🌾 🥚

**FAVA BEAN & CHICKPEA TOAST** · 200  
70 kcal 🌾 🥚



## KIDS' BREAKFAST

**BACON & EGGS** · 550  
one egg any style, bacon, thyme-roasted  
breakfast potatoes, choice of toast  
400 kcal 🥚 🌾 🥚

**RICOTTA PANCAKE** · 325  
whipped butter, maple syrup  
580 kcal 🥚 🌾 🥚 🥚  
+ blueberry compote 100 🌾 🥚  
+ banana, berries 100 🌾 🥚

**KIDS' FRESH FRUIT BOWL** · 400  
seasonal fruit selection 100 kcal 🌾 🥚

## DRINKS

### COFFEE & TEA

#### STREAMER COFFEE COMPANY

TAC original premium drip · espresso ·  
americano · decaf 550  
*complimentary refills*

macchiato · cappuccino · café latte 580  
*substitute milk: soy · oat · almond*

#### HOT TEA · 350

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

#### BOTTOMLESS ICED TEA · 350

black · tropical black · hibiscus berry\*

\*caffeine-free

### SOFT DRINKS

**HOMEMADE GINGER ALE** · 690

**CRANBERRY AND LEMONGRASS  
LEMONADE** · 690

**HOMEMADE VANILLA COKE** · 570

**FRESH-SQUEEZED  
ORANGE JUICE** · 510 | 1,020

**HOMEMADE  
LEMON SQUASH** · 570

**BOTTOMLESS  
ARNOLD PALMER** · 460

**BOTTOMLESS  
HIBISCUS LEMONADE** · 460

**BOTTOMLESS SODA** · 460

**CANNED SODA** · 410

**JUICE** · 290 | 570  
apple · cranberry · orange ·  
grapefruit · tomato

**MILK & DAIRY-FREE** · 220 | 430  
whole · low-fat · nonfat · soy · almond

**CHOCOLATE MILK** · 240 | 460  
hot · iced



All listed prices include 10% consumption tax (8% consumption tax is applied for takeout items)

Ingredient Guide: 🥛 dairy 🥜 nuts 🥚 egg 🌾 soy 🌾 gluten-free 🌿 vegetarian 🐟 fish or shellfish