









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

• 1,600 | ages 11 & under 800
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 and 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 • 150



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 · 140
90 kcal   

FRESH FRUIT BOWL · 800
190 kcal  

**FAVA BEAN &
CHICKPEA TOAST** · 150
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 +50 · oat,
almond +100*

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