

International Corner

Crunchy Granola Cereal

With tropical fruit salad, topped with natural yogurt and honey

Kippered Herring

With capers, onions and boiled potatoes

Smoked Salmon Plate

Served with cream cheese and traditional garnishes

The Griddle

Pancakes

Buttermilk, banana or blueberry pancakes served with maple syrup

French Toast

Served with maple syrup

Big Harbor

Egg whites available

Fast Fare Breakfast

Scrambled eggs with bacon or sausage links and toast

The Classic

Two jumbo eggs prepared to order, served with hash-brown potatoes, toast and your choice of hickory-smoked bacon, sausage links, turkey sausage or corned beef hash

Eggs Benedict

Toasted English muffin topped with grilled Canadian bacon, poached egg and hollandaise sauce

Omelettes

Served with hash-brown potatoes and toast. Prepared plain or with your choice of ham, cheese, smoked salmon, herbs or mushrooms

Healthy Start

Cold Cereals

The above cereals can be served with sliced bananas, brown sugar, milk or skim milk

Shredded Wheat • Bran Flakes • Rice Krispies • Special K • Corn Flakes • Froot Loops • Frosted Flakes • Granola • Raisin Bran • Cocoa Krispies • Cheerios

Hot Cereals

Old-Fashioned Oatmeal • Cream of Wheat • Grits

Fruits

Grapefruit Half • Bananas • Sliced Seasonal Melon • Stewed Prunes • Kadota Figs

Regular or Fat-free Yogurt Selection

Plain or assorted fruit yogurt

The Bakery

Selection of Freshly Baked Bread

Served with cream cheese, margarine, assorted fruit jelly and jam

Assortment of Condiments

Orange marmalade, strawberry jam, grape jelly, honey, blackberry preserves or apple cinnamon jelly

Juices

Orange • Tropical • Cranberry • Prune • Tomato • Apple • V8

Beverages

Freshly Brewed regular or decaffeinated coffee • Tea • Herbal Tea • Hot Chocolate • Milk