

RECHARGE | BREAKFAST

TRANQUIL | EGG WHITE AVOCADO WRAP

Whole wheat, avocado, radish, apple cider vinaigrette, microgreens, olives, sun-dried tomatoes, olive oil

ENLIGHTENED | FRITTATA

Whole eggs or egg whites combined with baby spinach, roasted peppers, Gouda, red onions, sun-dried tomatoes

ROBUST | ACAI BOWL

Chef-made granola, assortment of seasonal fresh fruit, hemp seeds, almond butter, coconut butter, berries, raw honey

LOCAL | EGGS MADE TO ORDER

Scrambled, poached, grilled, or omelet

WARM-HEARTED | GRILLED PANCAKES

Fruit-based toppings, whipped cashew butter, variety of local infused maple syrups

INDULGENT | CHALLAH CUSTARD FRENCH TOAST

Fruit-based toppings, whipped cashew butter, variety of local infused maple syrups

ENDURANCE | HASH

Crispy quinoa with sautéed spinach and cashew feta topped with a poached egg

NURTURED | SALMON BOARD

Multigrain bagel with smoked salmon, purple onion, capers, whipped cream cheese, hardboiled egg

POWERFUL | STEEL-CUT OATS

Almond milk, chia seeds, cinnamon, dates, ginger, sweetener, orange zest, choice of fresh fruit

ENHANCERS | ALWAYS AVAILABLE

Mango Refresher | Green Tea Latte |
Berry Hibiscus | Herbal Tea Infusion | Powerhouse Smoothie

SAVORIES | SIDES

Seasonal Fresh Fruit | Sweet Potato Hash | Broiled Grapefruit
Maple Turkey Sausage | Cottage Cheese | Assorted Breads and Baguettes

1820