

BREAKFAST MENU
Help yourself: 7 ~ 10 in the morning

BEVERAGES

COFFEE: REGULAR, DECAF, HAZELNUT
TEA: various kinds
HOT CHOCOLATE
JUICES: ORANGE
SOY MILK (also maybe rice or almond)

TOAST YOUR OWN

BAGELS—assorted flavors
BREADS—sourdough, six grain/pumpkin seed
CROISSANTS, ENGLISH MUFFINS
MUFFINS—corn, cranberry-nut, carrot

SPREADS

butter, margarine, local jams, marmalade,
Nutella, peanut butter, cream cheese

CEREALS

Granola, Cheerios & Raisin Bran
Instant Oatmeal ~ various flavors

FRUIT, VEGGIES: FRESH & DRIED

Apples, bananas, oranges, pears, & seasonal fruit
Cherry tomatoes, Baby carrots, Olives
DRIED Raisins, Cranberries, Almonds

DAIRY

Yogurt: plain & strawberry (organic)
Milk 2%, 4%, (organic)
Cheddar Cheese

WARM PLATE

Hard-boiled Eggs (organic)
Mini Tarts—peppers & cheese
Spanakopita
Egg & Cheese Popovers, plain oatmeal

GLUTEN FREE – per request

Various breads, Cranberry scones &
Gluten free Granola