

~GOOD MORNING~

**** Cereals ****

The Healthy Start \$6

Selection of cold cereal, Oatmeal or Cream of Wheat with house made maple crumb topping served with fresh fruit cup and La Panciata toast. With fresh berries or bananas when available. add \$2

The Green Mountain \$6

Low fat Greek vanilla yogurt, seasonal fruit topped with low fat granola and toast.

All Of The Following Breakfasts Entrees Include Starbucks Coffee or Tazo Tea

**** Omelets ****

All Omelet Meals \$9

All eggs are served with VT farm fresh eggs, La Panciata baked breads, seasoned red bliss home fries with sautéed red onion and seasonal fruit.

The Greek Sunrise Omelet

Sautéed spinach, onions, roasted tomatoes and Feta cheese.

Mexican Omelet

An omelet sautéed with fresh peppers, onions, tomatoes and topped with house made salsa and melted pepper jack cheese. Served with a side of cilantro sour cream.

Asparagus and Mushroom Omelet

Fresh asparagus, sautéed mushrooms & onions, roasted tomatoes and herbed goat cheese.

Protein Power Egg White Omelet

Fresh cracked egg whites and fresh herbs, grape tomatoes, broccoli and mushrooms lightly topped with melted Swiss. Served with a multigrain toast.

Wacky Ham & Cheese Omelet

Black forest ham, Boursin and fresh scallion omelet.

Create Your Own Omelet

Choose from the following:

diced tomatoes, onions, green & red pepper, mushroom, spinach, broccoli, ham, bacon, sausage, American, Swiss, Cheddar, Feta or Chevre.

****Simple Eggs****

1, 2 or 3 eggs any style Your Choice \$6

****From The Griddle****

All served with Vermont's finest 100% Pure Maple Syrup. \$7

Three Fluffy Buttermilk Pancakes ~ Malted Belgian Waffle ~ Thick Sliced French Toast

Add blueberries, strawberries, or banana's \$2

Add chocolate chips or toasted pecans for \$2.5

****Specialty Breakfasts****

The J.Morgan's

3 eggs any style, 2 pancakes or French toast, red bliss home fries, 2 bacon and 1 sausage \$9

The Protein Power Sandwich

Egg whites, scallions, black forest ham, Swiss cheese, red onion, seasoned roasted tomatoes, baby spinach on oat bread. \$8

Yolk Around The Clock

Everything bagel split and grilled with two eggs, ham, bacon or sausage and topped with cheddar cheese. \$8

Corn Beef Hash & Eggs

Homemade corn beef hash with poached eggs and home fries. \$8

Smoked Salmon & VT Goat Cheese Omelet

North Atlantic cured salmon sautéed with fresh chives, scallions and eggs finished with creamy goat cheese. \$12

Eggs Benedict or Eggs Florentine

Poached eggs with Canadian bacon or fresh baby spinach.

Topped with fluffy hollandaise sauce over English muffins. \$9

Lobster Benedict

The meat of a whole Maine lobster, poached eggs, apple smoked bacon and Fluffy hollandaise over English muffins. \$16

SIDE ORDERS

Toast or English muffin \$2 ~ Bagel with cream cheese \$3 ~ Home fries \$2

Jumbo grilled muffin fresh baked \$4 ~ Fresh fruit cup or ½ Grapefruit \$2

Three strips of bacon or Maple sausage links \$3 ~ VT Maple caramelized bacon or sausage \$5

One pancake or French toast \$3 ~ Corn beef hash \$3 ~ One egg any style \$2 ~ Cold cereal \$3

Ham steak \$4 ~ NY strip breakfast steak \$8

We Proudly Brew
STARBUCKS COFFEE



For parties of 6 or more or separate checks an 18% gratuity will be applied.

****Consuming raw or undercooked meats, poultry, shellfish or eggs may increase your risk of food-borne illness, especially if you have certain medical conditions****