



THE ART *of* DELICIOUS

BREAKFAST

2021 Sample Menu

CLASSICS

Country Breakfast Platter

two eggs any style, your choice of grilled ham, crispy bacon or sausage links & hash browns

Homemade Belgian Waffle

made to order belgian waffle, seasonal fruit, whipped cream

Buttermilk Pancakes, or French Toast

2 buttermilk pancakes or 2 slices of texas style french toast, butter, maple syrup

Create Your Own Omelet

choice of any ingredients: ham, bacon, sausage, feta cheese, cheddar cheese
healthier options: tomato, spinach, onion, bell pepper, mushroom, sundried tomatoes
your choice of toast

Lighter Options

The Springs Frittata

fresh baby spinach, bacon, sundried tomatoes, crumbled feta
your choice of toast

Seasonal Breakfast Parfait

farm direct seasonal fruit, vanilla yogurt, cinnamon granola

Bob's Red Mill Oatmeal

toasted almonds, walnuts, brown sugar, raisins, hot milk (GF)

Bagel and Cream Cheese

toasted bagel, cream cheese



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Scrambled Egg Beaters

egg whites, whole wheat toast



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A LA CARTE

Bowl of Cold Cereal

corn flakes, rice krispy's, raisin bran, granola, granola with raisins, honey nut cheerios

Breakfast Meat

ham slice, 2 sausage patty, 2 sausage links or 2 strips of bacon (GF)

Fresh Hash browns (GF)

One Egg Any Style (GF)

Toast

whole wheat, white, rye, sourdough, raisin, English muffin, gluten-free bread

Fresh Seasonal Fruit or Berries

berries, melons, grapes, citrus and stone fruits...depending on the season

Preserved Fruit or Yogurt Cup

apple sauce, peaches, prunes, mandarin oranges or flavored yogurt cup