

THE AVALON 22

3 eggs
 chicken apple sausage
 applewood smoked bacon
 red bliss potato
 toast
orange juice
fresh brewed coffee or tea

THE ITALIAN 22

panettone french toast
 with strawberry marmalade
 gran marnier and nutella crepes
cappuccino or latte

THE TREADMILL 22

market berries and yoghurt
 scrambled egg whites
 with mushrooms and spinach
 toast
IL Verde
 (apple, celery, parsley, spinach)

THE CONTINENTAL 19

pastry basket
fresh brewed coffee or tea and juice

COLD

MIXED BERRIES 12
 fresh farmer's market berries

YOGURT PARFAIT 10
 house-made granola, yogurt, fresh farmer's market berries

MIXED FRUIT PLATE 12
 seasonal fruit

SMOKED SCOTTISH SALMON 16
 red cluster tomato, dill cream cheese, caramelized onion,
 crispy caper, bagel

HOT

MCCANN STEEL CUT OATMEAL 12
 Brown sugar, mixed berries, nuts'n'raisins

CLASSIC BREAKFAST 16
 3 eggs, chicken-apple sausage, applewood smoked bacon,
 red bliss potato, toast

PANNETONE FRENCH TOAST 15
 strawberry compote

PANCAKES 12
 Choice of: buttermilk, banana, whole wheat

Traditional Eggs BENEDICT 16
 Choice of: parma ham, smoked salmon, spinach

TRUFFLE SCRAMBLE SANDWICH 17
 Scramble.truffle.fried potato. wheat toast

FRITTATA SPINACI 12
 spinach, goat cheese, parmigiano, toast

CORNERED BEEF AND HASH 14
 ground beef. country potatoes. poached eggs

JUICE 9

RED VELVET
 beet root, rapini, celery, apple

THE ORIENTAL
 carrot, orange, ginger, cilantro

IL VERDE
 green apple, celery, parsley, spinach

CITRUS COOLER
 orange, grapefruit, lime, cucumber

SMOOTHIES 9

THE ELLIOT
 strawberry, blueberry, apple juice, red chili

POST-TOX DETOX
 cranberry, blueberry, honey, banana, apple juice

YOGHURT PARADISE
 Yoghurt.cardamon.honey

•add whey protein powder to your smoothie for 1\$

COFFEE

espresso 4.5	macchiato 5
cappuccino 5	latte 5
mocha 6	iced coffee 6

TEAS

5.50
 long life green
 breakfast

earl grey with lavender