

MORNING SPECIALS

RISE 'N' SHINE OATMEAL • 550

whole, low-fat, nonfat milk or soy milk

310 kcal   

+ banana 90 | 60 kcal 


+ roasted almonds 90 | 180 kcal 

BREAKFAST BAR

• 1,600 | ages 11 & under 800

today's selection of breads, fruit, salad, cereal, juice, coffee, two eggs any style

+ pork & fennel sausage 300 | 150 kcal 

+ two slices of grilled ham 320 | 198 kcal 

+ two bacon rashers 200 | 262 kcal 

GREEK YOGURT WITH HONEY • 600

200 kcal  

PARFAIT • 1,050

AÇAÍ BERRY & GARA GREEK YOGURT

crunchy granola, walnuts, fresh berries

380 kcal  

AVOCADO TOAST

smashed avocado, grilled sourdough, mashiko baby leaves

+ tomatoes 1,000 | 500 kcal  

+ poached eggs 1,050 | 600 kcal   

+ meredith dairy goat cheese, smoked salmon

1,500 | 750 kcal  



ARTISANAL GRANOLA • 550

HEALTHY NUT CRUNCH

signature blend of honey & maple syrup

440 kcal  

MAPLE PISTACHIO

olive oil, coconut 470 kcal  

CINNAMON APPLE

pecans, almonds, dried apple, vanilla

440 kcal  

FRESH FRUIT BOWL • 800

seasonal fruit selection 190 kcal  

HALF GRAPEFRUIT & MIXED BERRIES • 400

50 kcal  

BIG BREAKFAST • 1,900

THE HERCULES

ricotta pancakes, two eggs any style,

bacon, pork & fennel sausage,

thyme-roasted potatoes

990 kcal   

THE AJAX

rib eye steak, belgian waffle,

béarnaise sauce, thyme-roasted

potatoes, mixed green salad

990 kcal   

+ two eggs any style 280

THE AMERICAN

biscuits and gravy, two eggs any style, bacon,

pork & fennel sausage, thyme-roasted potatoes

990+ kcal   

MORNING CLASSICS

BELGIAN WAFFLE • 1,050

whipped butter, maple syrup

600 kcal   

+ blueberry compote, fresh strawberries 1,250

950 kcal   

+ smoked brisket, sunny-side up eggs, sour cream 1,950

1,050 kcal   

RICOTTA PANCAKES • 1,050

whipped butter, maple syrup

600 kcal   

FROM THE BAKERY

WHITE OR WHOLE WHEAT TOAST • 130

130 kcal  

FAVA BEAN & CHICKPEA TOAST • 150

70 kcal  

gluten-free item from

gluten-using bakery

SOURDOUGH TOAST • 150

200 kcal 

ENGLISH MUFFIN • 150

150 kcal   

HANDCRAFTED SMOOTHIES

BANANA COCONUT • 750

banana, shaved coconut, yogurt,

maple syrup, valrhona chocolate,

coconut water

373 kcal   

BERRY CITRUS OAT • 750

strawberry, blackberry, raspberry,

orange juice, oats, honey

277 kcal  

+ add any health booster 150

flaxseed oil · chia seeds · ginger · collagen gelatin · whey protein powder

EGGS

EGG WHITE & KALE FRITTATA • 1,000

sweet peppers, tomato, avocado

650 kcal   

MEXICAN OMELET • 1,200

bacon, roasted sweet peppers and onions, avocado,




cheddar, ranchero beans, salsa, cilantro, sour cream

900 kcal   

EGGS BENEDICT

thyme-roasted potatoes

garden benedict 1,300 | 900 kcal   

ham 1,360 | 950 kcal   

smoked salmon 1,400 | 950 kcal   

BREAKFAST WRAP • 1,000

scrambled eggs, cheddar, bacon, avocado,

ranchero beans, salsa

650 kcal   

+ make it texan with smoked beef brisket 1,600

800 kcal   

THREE-EGG OMELET • 1,130

thyme-roasted potatoes, choice of toast

850 kcal   




choose three fillings: spinach · tomato · mushrooms ·

onions · sweet peppers · swiss cheese · ham ·

pork & fennel sausage · salsa

BACON AND PORK & FENNEL SAUSAGE BREAKFAST • 1,400

two eggs any style, roasted tomatoes, thyme-roasted

potatoes, choice of toast 850 kcal   

BREAKFAST BOOSTERS

PORK & FENNEL SAUSAGE · 300
150 kcal 🌾

TWO SLICES OF GRILLED HAM · 320
198 kcal 🌾

TWO BACON RASHERS · 200
262 kcal 🌾

THYME-ROASTED POTATOES · 250
200 kcal 🌾 🥚

BUTTER-SAUTÉED SPINACH · 510
16g kcal 🥚 🌾 🥚

ONE EGG ANY STYLE · 100
90 kcal 🥚 🌾 🥚

FRESH FRUIT BOWL · 800
190 kcal 🌾 🥚

**FAVA BEAN &
CHICKPEA TOAST** · 150
70 kcal 🌾 🥚



KIDS' BREAKFAST

BACON & EGGS · 550
one egg any style, bacon, thyme-roasted
breakfast potatoes, choice of toast
400 kcal 🥚 🌾 🥚

RICOTTA PANCAKE · 325
whipped butter, maple syrup
580 kcal 🥚 🌾 🥚 🥚
+ blueberry compote 100 🌾 🥚
+ banana, berries 100 🌾 🥚

KIDS' FRESH FRUIT BOWL · 400
seasonal fruit selection 100 kcal 🌾 🥚

DRINKS

COFFEE & TEA

STREAMER COFFEE COMPANY

TAC original premium drip · espresso ·
americano · decaf 550
complimentary refills

macchiato · cappuccino · café latte 580
substitute milk: soy · oat · almond

HOT TEA · 350

earl grey · english breakfast · masala chai
· jasmine reserve · mint green · apricot
escape* · french lemon ginger* · egyptian
chamomile* · italian blood orange*

BOTTOMLESS ICED TEA · 350

black · tropical black · hibiscus berry*

*caffeine-free

SOFT DRINKS

HOMEMADE GINGER ALE · 690

**CRANBERRY AND LEMONGRASS
LEMONADE** · 690

HOMEMADE VANILLA COKE · 570

**FRESH-SQUEEZED
ORANGE JUICE** · 510 | 1,020

**HOMEMADE
LEMON SQUASH** · 570

**BOTTOMLESS
ARNOLD PALMER** · 460

**BOTTOMLESS
HIBISCUS LEMONADE** · 460

BOTTOMLESS SODA · 460

CANNED SODA · 410

JUICE · 290 | 570
apple · cranberry · orange ·
grapefruit · tomato

MILK & DAIRY-FREE · 220 | 430
whole · low-fat · nonfat · soy · almond

CHOCOLATE MILK · 240 | 460
hot · iced



All listed prices include 10% consumption tax (8% consumption tax is applied for takeout items)
Ingredient Guide: 🥚 dairy 🥚 nuts 🥚 egg 🥚 soy 🌾 gluten-free 🥚 vegetarian 🐟 fish or shellfish