



## 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 


### CHAMPIONS' BREAKFAST BAR

• 1,700 (30-min plan 1,400)

ages 11 & under 900

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 jones dairy farm bacon rashers

300 | 262 kcal 

### GREEK YOGURT WITH HONEY • 600

200 kcal  

### PARFAIT • 1,050

#### AÇAÍ BERRY & GARA GREEK YOGURT

crunchy granola, walnuts, fresh berries

380 kcal  

### APRICOT & BLACK FIG WITH GARA GREEK YOGURT




date molasses, banana, pistachios, fresh berries

400 kcal   


### AVOCADO TOAST

smashed avocado, grilled sourdough,  
baby leaf lettuce

+ 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 BREAKFASTS

### THE HERCULES • 1,900

ricotta pancakes, two eggs any style,  
jones dairy farm bacon, pork & fennel  
sausage, thyme-roasted potatoes

990 kcal   

### SOUTHERN BISCUITS AND GRAVY • 1,200

jones dairy farm original pork  
sausage gravy

800+ kcal   

+ two sunny-side up eggs 200

## MORNING CLASSICS

### BELGIAN WAFFLE • 1,050

whipped butter, maple syrup

600 kcal   

### RICOTTA PANCAKES • 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   

## FROM THE BAKERY

### WHITE OR WHOLE WHEAT TOAST • 130

130 kcal  

### FAVA BEAN & CHICKPEA TOAST • 200

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 & MEREDITH DAIRY GOAT CHEESE FRITTATA • 1,000

green sicilian olives, zucchini

690 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   

+ make it healthy with egg whites,

smoked salmon, avocado, spinach 1,600

680 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




### JONES DAIRY FARM 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 
- BUTTER-SAUTÉED SPINACH** · 510



16g kcal   
- TWO SLICES OF GRILLED HAM** · 320



198 kcal 
- ONE EGG ANY STYLE** · 100

90 kcal   
- TWO JONES DAIRY FARMS BACON RASHERS** · 300

262 kcal 
- FRESH FRUIT BOWL** · 800

190 kcal  
- THYME-ROASTED POTATOES** · 250

200 kcal  
- FAVA BEAN & CHICKPEA TOAST** · 200




70 kcal  







KIDS' BREAKFAST


- BACON & EGGS** · 550



one egg any style, jones dairy farm 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*
- STEVEN SMITH TEAMAKER**

**BOTTOMLESS ICED TEA** · 350

exceptional iced tea · red nectar\*
- STEVEN SMITH TEAMAKER**

**HOT TEA** · 350

green tea: spring greens · fez · jasmine silver tip · rose city genmaicha

black tea: kandy · british brunch · lord bergamot · masala chai

herbal infusions: meadow\* · peppermint leaves\* · big hibiscus\*

*\*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

