

# BREAKFAST

FOOD. THOUGHTFULLY SOURCED. CAREFULLY SERVED.  
GOOD FOR YOUR HEALTH, OUR COMMUNITIES AND OUR PLANET

## COMFORT

**(vg) Steel Cut Oatmeal** \$8  
organic apple butter, crisp  
candied walnuts

housemade granola, spoon fruit,  
brown sugar raisins and milk

**(gf) Local Ham and Cheese  
and Bacon Omelet** \$16  
rottweiler farms hickory smoked  
ham, country bacon and hand  
crafted american cheese

**(gf) Eastern Market Omelet** \$16  
roasted tomatoes, local  
mushrooms, asparagus with firefly  
farms allegheny chèvre

**(gf) Two Cage Free Eggs  
Any Style** \$15  
hash browns, choice of meat  
and choice of toast

**(gf) White and Green  
Omelet** \$16  
egg whites, avocado, broccoli,  
organic kale, roasted tomatoes  
and all natural chicken sausage

**(gf) Gluten Free  
Griddle Cakes** \$15  
warm pure maple syrup,  
blueberries and virginia  
peanut brittle

## QUENCH

**Mixed Berry Smoothie** \$7

**Organic Banana-  
Strawberry Smoothie** \$7

**Torrefazione Italia® Latte  
Cappuccino, Espresso** \$6

**Selection of Tazo® Teas** \$6

**Hormone Free Milk** \$4  
whole, 2% or skim

**Strawberry-Orange Juice** \$7

**Green Apple Kale Juice** \$7

**Torrefazione Italia® coffee** \$4

## CLASSICS

**Breakfast Buffet** \$25  
fresh, local and healthy. our buffet  
offers breakfast classics and chef's  
favorites using the highest quality of  
fresh and local ingredients

**Benedict** \$17  
traditional canadian bacon  
toasted english muffin and  
hollandaise

**Steak and Eggs** \$20  
flat iron steak, eggs any style, with  
béarnaise and hash browns

**Smoked Salmon** \$17  
toasted bagel, onions, capers  
cream cheese, tomatoes

**PB&J French Toast** \$17  
nutella, peanut butter  
and strawberry jelly  
chocolate whipped cream  
and berries

## REGIONAL

**Buttermilk Griddle Cakes** \$16  
local candied sweet potato, warm  
maple syrup, cinnamon

**Multi Grain Apple Cider  
French Toast** \$16  
poached shenandoah valley  
apples, cinnamon butter

**(gf) Corned Beef Hash** \$18  
yukon gold potato, onions, baby  
bell peppers, poached egg,  
cheddar sauce

**Fresh Belgian Waffle** \$16  
virginia peanut butter, local jam

**(gf) Maryland Three  
Cheese Frittata** \$17  
local artisan cheeses, grilled  
asparagus and roasted tomatoes

**(gf) Spiced Vegan  
Scramble** \$17  
farm mushrooms, squashes  
tomato, onions, peppers  
black beans and tofu

## ALTERNATIVES

**Natural Cured Bacon** \$6

**Ham Steak or Turkey Bacon** \$6

**Organic Stone Ground Grits** \$5

**Seasonal Fruits and Berries** \$8

**Organic Yogurt Parfait** \$10

**Three Cage Free Eggs** \$6

**Hash Browns** \$5

**All Natural Chicken Sausage** \$6  
gluten free, low carbs, high protein

**(gf) Gluten free**  
**(vg) vegetarian**  
**stay-fit cuisine**

**WE ONLY SERVE CAGE-FREE EGGS  
AND NATURALLY CURED BACON**

Please notify your server if you have food allergies.  
Consuming raw or undercooked meats, poultry, seafood,  
shellfish or eggs may increase your risk of foodborne illness.

