



BREAKFAST MENU

MAIN PLATES

Autumn Bliss Parfait \$13

Apple, strawberry compote, plain yogurt, granola, honey, chia seeds

Avocado Sunrise \$19

Crushed avocado, tomato, onion, spring mix chiffonade, egg salad, garlic aioli

Up North Brunch \$22

Salmon mousse, onion, capers, lemon, dill, cucumber relish
Choice of wheat or white bread

Oat Orchard \$13

Apple, raisin, cinnamon, brown sugar syrup, cream, nutmeg

Tropical Indulgence \$15

Assorted local fruit mix, mint syrup, plain yogurt

Brioche Bliss \$20

Cream sauce, caramel sauce, cinnamon, brown sugar butter dollop

Flippin' Delicious Cakes \$15

Vanilla pancakes, brown sugar butter dollop, powder sugar, maple syrup
Additional \$3 flavors chocolate chip, blueberry, coconut

Reef N Range Bowl \$26

Smoked chorizo, bacon, shrimp, onion, peppers, potato, tomato, yellow grits

Burrito Sunrise \$18

Egg, bacon, ham, tomato, avocado spread, cheese blend, potato, salsa

Sunrise Steak Gyro \$39

Grilled steak, soft scrambled eggs, tomato, mushroom, tzatziki sauce, toasted flat bread, breakfast potato

Breakfast Sandwich \$18

Choice of white, wheat bread or croissant (\$1 extra)
Choice of protein: sausage, bacon, ham, turkey
2 egg omelette, lettuce, tomato, cheddar cheese
Served with breakfast potatoes

2 Eggs Any Style \$19

Scrambled, sunny side up, over easy, medium, hard, fried, poached, boiled
One choice: ham, bacon or sausage

One Choice: wheat/white toast, yellow grits, potatoes or fruit

OMELETS

Ham & Cheese \$17

All De Meat Omelet \$20

Onion, bacon, sausage, ham, cheese

Salt Life Omelet (Seafood Omelet) \$23

Onion, tomato, pepper, smoked salmon, shrimp, cheese

Spanish Omelet \$15

Onion, mushroom, potato, pepper, tomato

Custom Omelet

Choice of items: onion, pepper, mushroom, tomato, spinach, ham, bacon, sausage, shrimp, salmon, cheese

One choice: wheat/white toast, yellow grits, potatoes or fruit

SIDES

Potatoes \$6

Grits \$3

Toast \$3

Fruit \$7



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