

The **Bistro**

breakfast

BODYMIND CONNECTION RECOMMENDATIONS

Açaí Bowl * VG

Berries, Granola, and Honey

The Spa Morning

Fresh Seasonal Fruit Plate with Low-Fat Cottage Cheese
Served with a Side of Oatmeal and Raisins

Healthy Start

Scrambled Egg Beaters or Egg Whites
with Spinach, Side of Grilled Tomato with Multigrain Toast

Breakfast Entrees

Two Eggs Any Style

Served with Home Fries
and Choice of Toast or Bagel

Classic Eggs Benedict

Two Poached Eggs and Canadian Bacon
with Hollandaise Sauce
on Toasted English Muffin with Home Fries

Create Your Own Omelet

Choice of Eggs, Tomatoes, Onions, Spinach,
Ham Mushrooms, Smoked Salmon,
and a Variety of Cheeses
Served with Home Fries
and Choice of Toast or Bagel

2-2-2

Two Eggs Any Style
Choice of Two Pancakes, Two French Toast
or Two Pieces Toast
and Two Slices of Bacon
Ibis I-I Select one of each offering

The Club Breakfast

Selection of Cold Cereals with Milk Banana
or Strawberries and a Short Stack of
Pancakes with Warm Maple Syrup

Smoked Salmon Plate

Your Choice of Bagel with a Side of
Smoked Salmon, Sliced Tomato, Sliced
Onion, Capers and Cream Cheese

Challah Bread French Toast

Served with Warm Maple Syrup

Short Stack of Pancakes

Choice of Traditional, Blueberry, Strawberry
or Chocolate Chip Pancakes Served with
Warm Maple Syrup

SIDE ITEMS

Bacon, Sausage or Ham

Fresh Fruit Bowl

Oatmeal with Raisins
with Berries or Nuts

Cold Cereal Selection
Strawberries or Blueberries

Home Fries

Bagel
with Cream Cheese or Jelly

Toast
Choice of White, Wheat,
Rye Multigrain or English Muffin

JUICE SELECTION

Apple, Cranberry, Grapefruit, Orange or Tomato
Large Small