



Fruit, Yogurt and Cereal

Fresh Cut Fruit \$4

Melons, Pineapple and Grapes

Yogurt \$3

Plain Lowfat Yogurt, Blueberry Greek Yogurt & Strawberry Greek Yogurt

Granola \$3

Cereal \$3

Corn Flakes, Raisin Bran, Gluten-Free Rice Chex

Fresh Cut Fruit, Yogurt and Granola \$6

Daily Bread

Housemade Muffins \$1

by Pastry Chef Alana Ford

Chocolate Chocolate Chip,

Zucchini, Carrot & Walnut,

*Blueberry (gluten free)**

*Banana, Pecan & Quinoa (gluten free/vegan)**

Housemade Cranberry Scone \$1

Seven Grain Toast \$2

Bagels \$2

from H & H Bagels

Plain, Whole Wheat,

Cinnamon Raisin, Everything

Gluten Free Toast* \$3

Main Courses

Oatmeal \$7

Macerated Apricots, Raisins & Cranberries

Eggs MacDougal \$11

Two Poached Eggs on an English Muffin

with Canadian Bacon OR Spinach & Cured Salmon;

Served with Tarragon Aioli & Home Fries

Breakfast Sandwich \$10

Bacon, Egg & Cheddar on Seven Grain Toast;

Served with Home Fries

Two Scrambled Eggs \$10

Choice of Applewood Smoked Bacon, Chicken &

Apple Sausage or Canadian Bacon:

Served with Home Fries and Seven Grain Toast

Nuts & Berries \$11

Toasted Almonds & Pistachios, Yogurt &

Elderflower Syrup

Two Filling Omelet \$12

Choose Two Fillings: Bacon, Cheddar, Swiss, Goat

Cheese, Roasted Peppers,

Asparagus, Ham, Mushrooms, Onions, Tomatoes;

Served With Home Fries and Seven Grain Toast

House Cured Salmon Plate \$12

Salmon Cured on Premise with White Wine and

Herbs, Toasted Plain H & H Bagel,

Organic Mesclun Greens, Tomato, Onions, Capers

Challah French Toast \$11

Applewood Smoked Bacon OR Chicken & Apple

Sausage

Pumpkin Pecan Pancakes \$11

Applewood Smoked Bacon OR Chicken & Apple

Sausage

Blueberry Whole Wheat Pancakes \$11

Applewood Smoked Bacon OR Chicken & Apple

Sausage

Sides

Home Fries \$2.50

Chicken Apple Sausage \$3

Mushrooms \$3

Tomato \$3

One Scrambled Egg \$2.50

Applewood Smoked Bacon \$3

Canadian Bacon \$3

Scrambled Egg White \$2.75

Beverages

Cappuccino \$4

Espresso \$3

Double Espresso \$5

Café Latte \$4

Cranberry Juice \$3

Fresh Squeezed Grapefruit Juice \$3

Fresh Squeezed Orange Juice \$3

*Muffins and gluten free toast are prepared in pans and on surfaces that contain egg, dairy and gluten.

Please let us know if you have any allergies or dietary restrictions.

EXECUTIVE CHEF YOEL CRUZ