

Starters

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| fruit plate 6.75 | assorted cold cereals 6.75 |
| assorted fruit and berries | berries or sliced banana |
| steel cut oatmeal 7 | yogurt parfait 6.5 |
| brown sugar, golden raisins, cream | low-fat yogurt, seasonal fruit, crunchy granola |

Main Features

- build your own omelet* 13**
open faced, three-egg omelet with any three toppings served with breakfast potatoes
toppings: sausage, bacon, virginia ham, spinach, mushrooms, roasted tomatoes,
onions, cheddar
- the metro* 12**
two eggs any style, choice of apple wood-smoked bacon, chicken sausage or maple-pork
sausage, breakfast potatoes and choice of toast
- nova eggs benedict* 13**
two poached eggs, seared virginia ham, toasted english muffin, hollandaise, breakfast
potatoes
- the waterview 11**
scottish-smoked salmon, bagel, cream cheese, capers, chopped egg, diced onion

From The Griddle

- french toast 12.50
house baked, vanilla scented, maple syrup
- buttermilk pancakes 11.50
maple syrup
- add blueberries 1.00*

Sides

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|--|-----------------|
| pastries 2.25 each | toast 2 |
| house baked croissant, today's muffins or danish | butter and jam |
| meats 4 | toasted bagel 3 |
| apple wood- smoked bacon, chicken sausage | cream cheese |
| or maple-pork sausage | |

Juice and Coffee

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|------------------------------------|--------------------------------|
| choice of fresh, organic juices 4 | mighty leaf loose-leaf tea 3.5 |
| freshly brewed caffe vita coffee 3 | espresso 3.25 |
| cappuccino 3.75 | latte 3.75 |

*These items are cooked to order and may be served raw or undercooked. Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of food borne illness.