

# Healthy Start

## Seasonal Fruit & Berries 6

Greek Yogurt, Local Honey

## Granola Parfait 7

Greek Yogurt, Honey, Berries, Craisins

## Egg White "Strada" 8

Spinach, Looking Glass Creamery Goat Cheese, Avocado, Whole Wheat Crouton

## Steel Cut Oatmeal 5

Soy Milk, Raisins, Brown Sugar

## Sunrise Smoothie 4

Blueberries, Banana, Yogurt, Honey, Apple Juice

## Local-Free Range Eggs

Choice or Breakfast Potato, Hash Browns, Cheese Grits

## Complete Breakfast 7

Two Eggs Your Way, Bacon or Turkey Sausage

## Three Egg Omelet 8

Ham, Spinach, Peppers, Onions, Cheddar

## Eggs Benedict 9

House Cured Canadian Bacon, Hollandaise

## Appalachian Benedict 10

Crisp Chicken Tenders, Pepper Gravy, Biscuit

*\*\*\*Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk for food borne illness, especially if you have certain medical conditions*

## Our Favorites

### Heuvos Rancheros 9

Grilled Ham, Cheddar, Black Bean, Salsa, Crispy Corn Tortilla

### OMG Burrito 10

Carnitas, Potato, Cheddar, Black Beans, Corn, Chipotle Sauce, Crème

### Two Eggs in a Hole 8

Arugula Salad, Apple, Truffle Honey, Orange Marmalade

### Smoked Salmon Bagel 10

Cream Cheese, Capers, Red Onions, Lemon

## Sweet Treats

### House-made Banana Nut Bread French Toast 9

Strawberry Preserves, Whipped Cream

### Overlook Pancakes 8

Blueberries, Sweet Cream Butter, Maple Syrup

## Build Your Own

Two Eggs Your Way	3	Bacon	4
Sliced Tomato	2	House Canadian Bacon	4
Grapefruit Half	2	Vegetable Sausage	3
Cottage Cheese	3	Turkey Sausage	3
Breakfast Potato	3	English Muffin or Toast	2
Hash Browns	3	Cheese Grits	4

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