

HEALTHY BOWLS

Superfoods

coconut almond chia seed pudding / seasonal mixed berries
granola / multigrain toast with nutella

Berry Coconut Smoothie

seasonal berries / banana / nonfat Greek yogurt
Florida orange blossom honey / granola / chia seed

Aqua Coconut Smoothie

banana / blueberry / butterfly pea powder
matcha / nonfat Greek yogurt / teff / hemp seed / puffed rice
toasted coconut / coconut chia seed pudding

JUMP START

Crunchy Maple Irish Oats

banana / toasted hemp, flax & sunflower seeds
toasted almonds / almond milk / maple syrup

Steel Cut Irish Oatmeal

brown sugar / golden raisins / local honey

Fresh Fruit Plate

seasonal sliced fruit / mixed berries
orange blossom honey / Greek yogurt

Bakery Fresh

croissant / muffins / pastry

basket

individual pastry

FROM THE GRIDDLE

Buttermilk Pancakes

stack of three pancakes / whipped butter / maple syrup
choice of: plain / chocolate chip / blueberry / strawberry

Belgian Waffle

buttermilk waffle / caramelized banana / frosted flake crunch

Citrus French Toast

multigrain bread / maple syrup
choice of: plain / blueberry / strawberry

FROM THE HEN HOUSE

Classic Eggs Benedict

poached eggs / hollandaise sauce
canadian ham / english muffin

From the Ocean Eggs Benedict

poached eggs / your choice of crab or lobster
citrus hollandaise / english muffin

Two Eggs Any Style

peppered maple bacon or sausage links
served with breakfast potatoes and toast

Omelet

choose up to 4 items:

ham / bacon / sausage / mushroom / spinach
bell pepper / jalapeño / red onion / scallion / tomato
feta / cheddar / mozzarella

Skillets

Roasted Baby Vegetable Hash

roasted baby vegetables / pee wee potatoes
baby spinach / roasted garlic / poached eggs

Poached Eggs in Spiced Tomato Sauce

roasted bell pepper / poblano pepper / caramelized onions
Kalamata olive / feta / toasted baguette

Floribbean Strata

lump crab / scallion / spinach / mozzarella / vermicelli
arugula

SIDES

sugar cured bacon 6

pork sausage links 6

turkey sausage 6

breakfast potatoes 6

fruit cup 6

white wheat, rye, multigrain 4

bagel 6

plain / everything / blueberry

SANDWICHES

Avocado Toast

multigrain / avocado / lime

Pastrami Smoked Salmon

cream cheese / egg / capers / red onion / toasted bagel

Morning Farm

bacon / egg / cheddar / brioche

en-DOO-ya Good

nduja / egg / broccoli rabe / ciabatta

BEVERAGES

coffee 5 / assorted herbal teas 6 / hot chocolate 5 / cappuccino or latte 7 / espresso 6 / milk 4

chilled juice selection *orange *grapefruit *cranberry *apple *pineapple 5

Tiger Seed selections *gingerade *matcha mint *turmeric tea 7

ADULT INDULGANCES

bloody mary 12

mimosa 12

bellini 12