BREAKFAST MENU

COMPLETE CONTINENTAL BREAKFAST $21.50

Basket of Fresh Bakery
Assorted Danish, Croissants, Muffins

Whole Wheat or White Toasted Bread

Butter and Preserves

Choice of Orange, Pineapple, Cranberry, Grapefruit, V8, Tomato or Apple Juice

Regular or Decaffeinated Freshly Brewed Coffee or Selection of Gourmet Tea

THE ELBOW BEACH FULL AMERICAN BREAKFAST $28.50

Basket of Fresh Bakery
Assorted Danish, Croissants, Muffins

Two Eggs any style

Indiana Bacon and Pork or Chicken Sausage

Roasted Rosemary Potatoes

Grilled Tomato

Whole Wheat or White Toasted Bread

Butter and Preserves

Choice of Orange, Pineapple, Cranberry, Grapefruit, V8, Tomato or Apple Juice

Regular or Decaffeinated Freshly Brewed Coffee or Selection of Gourmet Tea

WELLNESS BREAKFAST $28.50

Half Grapefruit with Mint and Brown Sugar Dressing

Two Farm Eggs White Omelette with Tomato and Herbs

Scottish Smoked Salmon on Whole Wheat Toast with Capers and Onions

Bircher Muesli with Banana, Mixed Berries and Almonds

Choice of Orange, Pineapple, Cranberry, Grapefruit, V8, Tomato or Apple Juice

Regular or Decaffeinated Freshly Brewed Coffee or selection of Gourmet Tea

FRUIT AND CEREALS

Fresh Fruit Platter $19
Kiwi, Pineapple, Strawberries, Cantaloupe, Watermelon, Orange, Banana with Cottage Cheese Cocotte

Pink Grapefruit $10
simply cut in half with Mint and Brown Sugar Dressing

Bircher Muesli $12
with Banana, Mixed Berries and Almonds

Homemade Granola $12
with Strawberries, Raisins and Low Fat Yogurt

Selection of Cereals $12
All Bran, Raisin Bran, Rice Crispies, Special K, Frosted, Mini Wheat, Corn Flakes, Oatmeal
served with either Low Fat, Soy, Fresh Milk or Plain Low Fat Yogurt

SWEET BITES

French Toast $15
Raisin Bread with Cinnamon, Berries and Honey

Traditional Buttermilk Pancakes $15
Chocolate Chip, Banana or Plain served with Original Maple Syrup

Belgian Waffle $15
with Chocolate Sauce, Fruit Salad and Whipped Cream

EGGS

Two Farm Fresh Eggs Any Style $14

Three Farm Fresh Eggs Omelette, Regular or White $16
Choice of Ham, Mushrooms, Peppers, Tomatoes, Cheese or Onion

Eggs Benedict $22
Two Farm Fresh Poached Eggs on Croutons
with Grilled Virginia Ham, Asparagus and Hollandaise Sauce

All egg dishes are garnished with Sautéed Rosemary Potatoes, Grilled Tomato, Toasted Brown or White Bread

Add Indiana Bacon or Pork / Chicken Sausage for additional $2.00

SIDES

Lido Bakery Basket $10
Assorted Freshly Baked Danish Pastries, Croissants, Muffins

Indiana Bacon or Pork / Chicken Sausage $5.50

Sautéed Mushrooms with Herbs $5.50

Toasted Bagel with Low Fat Cream Cheese $6.50

Toasted Bagel with Scottish Smoked Salmon $12.50
Low Fat Cream Cheese, Capers and Onions

Selection of Low Fat Yogurt $6.50

Single Sliced Fresh Fruit $6.50
Choice of Kiwi, Pineapple, Strawberries, Cantaloupe, Watermelon, Apple or Orange

BEVERAGES

Choice of Orange, Pineapple, Cranberry, Grapefruit, V8, Tomato or Apple Juice $4

Freshly Squeezed Orange or Grapefruit Juice $10

Fresh Fruit Smoothies $12
Please ask your waiter for the daily preparation

Regular or Decaffeinated Freshly Brewed Coffee $5

Espresso $5

Cappuccino $6

Double Espresso $6

Selection of Gourmet Tea $ 5
English Breakfast, Earl Grey, Darjeeling, Orange Pekoe, Jasmine, Green Tea or Decaffeinated Tea

Selection of Fruit or Herbal Teas $5
Chamomile, Peppermint or Mango

Hot Chocolate $6.50

Milk $4
Full, 2%, Skimmed or Soy

Please Note
17% service charge will be added to your total bill