



MORNING SPECIALS

RISE 'N' SHINE OATMEAL • 550

whole, low-fat, nonfat milk or soy milk

310 kcal

+ banana 90 | 60 kcal

+ roasted almonds 90 | 180 kcal

CHAMPIONS' BREAKFAST BAR

• 1,700 (30-min plan 1,400)

ages 11 & under 900

today's selection of breads, fruit, salad,

cereal, juice, coffee, two eggs any style

+ pork & fennel sausage 300 | 150 kcal

+ two slices of grilled ham 320 | 198 kcal

+ two bacon rashers 300 | 262 kcal

GREEK YOGURT

WITH HONEY • 600

200 kcal

PARFAIT • 1,050

AÇAÍ BERRY & GARA

GREEK YOGURT

crunchy granola, walnuts, fresh berries

380 kcal

AVOCADO TOAST

smashed avocado, grilled sourdough,

mashiko baby leaves

+ tomatoes 1,000 | 500 kcal

+ poached eggs 1,050 | 600 kcal

+ meredith dairy goat cheese, smoked salmon

1,500 | 750 kcal

ARTISANAL GRANOLA • 550

HEALTHY NUT CRUNCH

signature blend of honey & maple syrup

440 kcal

MAPLE PISTACHIO

olive oil, coconut 470 kcal

CINNAMON APPLE

pecans, almonds, dried apple, vanilla

440 kcal

FRESH FRUIT BOWL • 800

seasonal fruit selection 190 kcal

HALF GRAPEFRUIT & MIXED BERRIES • 400

50 kcal

BIG BREAKFAST • 1,900

THE HERCULES

ricotta pancakes, two eggs any style,

bacon, pork & fennel sausage,

thyme-roasted potatoes

990 kcal

THE AJAX

rib eye steak, belgian waffle,

béarnaise sauce, thyme-roasted

potatoes, mixed green salad

990 kcal

+ two eggs any style 280

THE AMERICAN

biscuits and gravy, two eggs any style, bacon,

pork & fennel sausage, thyme-roasted potatoes

990+ kcal

MORNING CLASSICS

BELGIAN WAFFLE • 1,050

whipped butter, maple syrup

600 kcal

RICOTTA PANCAKES • 1,050

whipped butter, maple syrup

600 kcal

+ blueberry compote, fresh strawberries 1,250

950 kcal

+ smoked brisket, sunny-side up eggs, sour cream 1,950

1,050 kcal

FROM THE BAKERY

WHITE OR WHOLE WHEAT

TOAST • 130

130 kcal

200 kcal

ENGLISH MUFFIN • 150

150 kcal

FAVA BEAN &
CHICKPEA TOAST • 200

70 kcal

gluten-free item from

gluten-using bakery

SOURDOUGH TOAST • 150

HANDCRAFTED SMOOTHIES

BANANA COCONUT • 750

banana, shaved coconut, yogurt,

maple syrup, valrhona chocolate,

coconut water

373 kcal

BERRY CITRUS OAT • 750

strawberry, blackberry, raspberry,

orange juice, oats, honey

277 kcal

+ add any health booster 150

flaxseed oil · chia seeds · ginger · collagen gelatin · whey protein powder

EGGS

EGG WHITE & KALE FRITTATA • 1,000

sweet peppers, tomato, avocado

650 kcal

EGGS BENEDICT

thyme-roasted potatoes

garden benedict 1,300 | 900 kcal

ham 1,360 | 950 kcal

smoked salmon 1,400 | 950 kcal

BREAKFAST WRAP • 1,000

scrambled eggs, cheddar, bacon, avocado,

ranchero beans, salsa

650 kcal

+ make it texan with smoked beef brisket 1,600

800 kcal

THREE-EGG OMELET • 1,130

thyme-roasted potatoes, choice of toast

850 kcal

choose three fillings: spinach · tomato · mushrooms ·

onions · sweet peppers · swiss cheese · ham ·

pork & fennel sausage · salsa

BACON AND PORK & FENNEL SAUSAGE
BREAKFAST • 1,400

two eggs any style, roasted tomatoes, thyme-roasted

potatoes, choice of toast 850 kcal

BREAKFAST BOOSTERS

- PORK & FENNEL SAUSAGE** • 300

150 kcal 
- BUTTER-SAUTÉED SPINACH** • 510

16g kcal   
- TWO SLICES OF GRILLED HAM** • 320

198 kcal 
- ONE EGG ANY STYLE** • 100

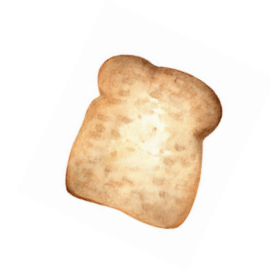
90 kcal   
- TWO BACON RASHERS** • 300

262 kcal 
- FRESH FRUIT BOWL** • 800

190 kcal  
- THYME-ROASTED POTATOES** • 250

200 kcal  
- FAVA BEAN & CHICKPEA TOAST** • 200

70 kcal  



KIDS' BREAKFAST

- BACON & EGGS** • 550

one egg any style, bacon, thyme-roasted
breakfast potatoes, choice of toast
400 kcal   
- RICOTTA PANCAKE** • 325

whipped butter, maple syrup
580 kcal    
+ blueberry compote 100  
+ banana, berries 100  
- KIDS' FRESH FRUIT BOWL** • 400

seasonal fruit selection 100 kcal  

DRINKS

COFFEE & TEA

- STREAMER COFFEE COMPANY**

TAC original premium drip · espresso ·
americano · decaf 550
complimentary refills

macchiato · cappuccino · café latte 580
substitute milk: soy · oat · almond
- HOT TEA** • 350

earl grey · english breakfast · masala chai
· jasmine reserve · mint green · apricot
escape* · french lemon ginger* · egyptian
chamomile* · italian blood orange*

BOTTOMLESS ICED TEA • 350

black · tropical black · hibiscus berry*

**caffeine-free*

SOFT DRINKS

- HOMEMADE GINGER ALE** • 690

CRANBERRY AND LEMONGRASS LEMONADE • 690

HOMEMADE VANILLA COKE • 570

FRESH-SQUEEZED ORANGE JUICE • 510 | 1,020
- HOMEMADE LEMON SQUASH** • 570

BOTTOMLESS ARNOLD PALMER • 460

BOTTOMLESS HIBISCUS LEMONADE • 460

BOTTOMLESS SODA • 460
- CANNED SODA** • 410

JUICE • 290 | 570
apple · cranberry · orange ·
grapefruit · tomato

MILK & DAIRY-FREE • 220 | 430
whole · low-fat · nonfat · soy · almond

CHOCOLATE MILK • 240 | 460
hot · iced



All listed prices include 10% consumption tax (8% consumption tax is applied for takeout items)
Ingredient Guide:  dairy  nuts  egg  soy  gluten-free  vegetarian  fish or shellfish