

## MORNING SPECIALS

### Continental Combo · 1,320

two eggs any style, creamy greek yogurt, fresh fruit and salad

toast: white, whole wheat or english muffin  
choice of cereal

juice: orange or apple  
coffee or tea

### Healthy Nut Granola · 530

almonds, pecan nuts, walnuts, pumpkin seeds and signature blend of honey and maple syrup

440 kcal  
banana · 90 | 61 kcal

### Rise 'n' Shine Oatmeal · 520

whole, low-fat, nonfat milk or soy milk

307 kcal  
banana · 90 | 61 kcal  
roasted almonds · 90 | 179 kcal

### Egg White Frittata · 1,380

feta cheese, roasted zucchini, peppers, scallions, fava bean and chickpea toast with fruit salad

570 kcal

### Avocado Toast · 1,050

sourdough, poached eggs and cherry tomatoes

598 kcal

## CAFÉ MED CLASSICS

### Two Buttermilk Pancakes and Berries · 1,100

pecan orange butter and maple syrup

830 kcal  
three pancakes · 1,570 | 1,005 kcal  
banana · 90 | 61 kcal

### Belgian Waffles · 1,050

strawberry compote, maple syrup and mixed fresh berries

890 kcal

### Fresh Fruit Bowl · 840

seasonal fruit selection

### Fresh Berries · 380 | 740

46 kcal | 91 kcal

### Greek Yogurt and Honey · 690

194 kcal

### Stewed Organic Fig Parfait · 1,050

creamy greek yogurt, crunchy granola and mixed fresh berries

290 kcal

## FROM THE BAKERY

### White or Whole Wheat Toast · 130

126 kcal

### Fava Bean and Chickpea Toast · 210

63 kcal

gluten-free item from gluten-using bakery

### Sourdough Toast · 150

254 kcal

### English Muffin · 150

154 kcal

## EGGS

### Eggs Benedict with Hash Browns

ham · 1,360 | 992 kcal  
smoked salmon · 1,360 | 992 kcal  
roasted sweet peppers and onions and spinach · 1,180 | 897 kcal

### Mexican Omelet · 1,150

cherrywood-smoked bacon, roasted sweet peppers and onions, cilantro, avocado, cheddar cheese, tomato salsa, sour cream and rancho beans

929 kcal

### Three Egg Omelet\* · 1,130

toast and hash browns

\*egg white omelet 850 kcal  
choose three fillings: spinach · tomato · mushrooms · onions · sweet peppers · swiss cheese · ham · pork sausage · tomato salsa

### Early Starter · 1,320

two eggs any style, cherrywood-smoked bacon, maple and marjoram sausage, roasted tomatoes, toast and hash browns

832 kcal

### 8oz (225g) USDA Prime New York Strip Loin · 3,740

two eggs any style and choice of toast  
hashed potatoes · 280

790 kcal

## BREAKFAST BOOSTERS

### Two Maple and Marjoram Sausages · 280

144 kcal

### Grilled Ham · 320

two slices 198 kcal

### Two Cherrywood-Smoked Bacon Rashers · 200

262 kcal

### Hash Browns · 220

210 kcal

### One Pancake · 360

425 kcal

### One Egg · 140

any style 90 kcal

## SMOOTHIES

### Mango Tango · 280 | 550

128 kcal | 256 kcal

### Mixed Berry · 280 | 550

116 kcal | 231 kcal

### Club-Crafted Almond and Banana Protein · 740

banana, almond milk, chopped almonds, whey protein powder and cinnamon

534 kcal

### Club-Crafted Açai Power · 690

açai berry juice, strawberries, raspberries, banana, soy milk, orange juice and granola

276 kcal

## COFFEE & TEA

Coffee (unlimited refills) · 510

Cappuccino · 540

Caffé Latte · 540

Espresso (unlimited refills) · 510

Decaf · 510

### Hot Tea · 350

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

### Iced Tea (unlimited refills) · 350

black, tropical black, hibiscus berry\*

\*caffeine-free

## SOFT DRINKS

### Fresh-Squeezed Orange Juice · 510 | 1,020

Homemade Lemon Squash · 570  
fresh lemon juice, simple syrup and soda

Arnold Palmer (unlimited refills) · 460  
iced tea and lemonade

Hibiscus Lemonade (unlimited refills) · 460  
hibiscus iced tea and lemonade

Soda (unlimited refills) · 240 | 460  
coca-cola, coke zero, sprite, lemonade, canada dry ginger ale

Canned Soda · 410  
coke zero, diet ginger ale, dr. pepper, root beer

Juice · 290 | 570  
apple, cranberry, orange, grapefruit, tomato

Milk · 220 | 430  
whole, low-fat, nonfat or soy

Chocolate Milk · 240 | 460  
hot, chilled

