

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 

BREAKFAST BAR

• 1,600 | ages 11 & under 800

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  

NATURAL COCONUT VEGAN YOGURT • 600

200 kcal  

PARFAIT • 1,050

YUZU CITRUS & BERRY COCONUT YOGURT

maple-pistachio granola, pumpkin oil
580 kcal  

AÇAÍ BERRY & GARA GREEK YOGURT

crunchy granola, walnuts, fresh berries
380 kcal  

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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  

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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

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  

SOURDOUGH TOAST • 150

200 kcal 

FAVA BEAN & CHICKPEA TOAST • 150

70 kcal  

*gluten-free item from
gluten-using bakery*

ENGLISH MUFFIN • 150

150 kcal   



AMAZAKE STAND SMOOTHIES

BLUEBERRY AMAZAKE • 900

frozen blueberries,
kamakura amazake
330 kcal  

CALIFORNIA PRUNE & BANANA AMAZAKE • 900

white sesame, cinnamon,
kamakura amazake
450 kcal  



EGGS

EGG WHITE & KALE FRITTATA • 1,000

sweet peppers, tomato, avocado
650 kcal   

MEXICAN OMELET • 1,200

bacon, roasted sweet peppers and onions, avocado,
cheddar, ranchero beans, salsa, cilantro, sour cream
900 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   

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

EARLY STARTER • 1,400

two eggs any style, bacon, pork & fennel sausage,
roasted tomatoes, thyme-roasted potatoes,
choice of toast 850 kcal   

BREAKFAST BOOSTERS

PORK & FENNEL SAUSAGE • 300
150 kcal

TWO SLICES OF GRILLED HAM • 320
198 kcal

TWO BACON RASHERS • 300
262 kcal

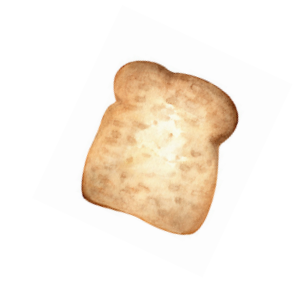
THYME-ROASTED POTATOES • 250
200 kcal

BUTTER-SAUTÉED SPINACH • 510
16g kcal

ONE EGG ANY STYLE • 140
90 kcal

FRESH FRUIT BOWL • 400
190 kcal

FAVA BEAN &
CHICKPEA TOAST • 150
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 +50 · oat,
almond +100

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

*bottomless

HOMEMADE GINGER ALE • 690

CRANBERRY AND LEMONGRASS
LEMONADE • 690

HOMEMADE VANILLA COKE • 570

FRESH-SQUEEZED
ORANGE JUICE • 510 | 1,020

HOMEMADE LEMON SQUASH • 570

ARNOLD PALMER* • 460

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