

## Classics

### Good Start Breakfast

Oatmeal, cold cereal, or housemade almond granola with fresh fruits, bananas, skim milk, your choice of toast, bagel, or muffin. Includes juice and coffee 14.<sup>50</sup>

### All American Breakfast

Two eggs any style with crisp hash browns. Choose bacon, ham steak, sausage, or Canadian bacon and toast, bagel or muffin. Includes juice and coffee 16.<sup>50</sup>

### Good Start Buffet

Oatmeal, cold cereal, and housemade almond granola, fresh fruits, and your choice of milk, breakfast breads and yogurt. Includes juice and coffee 14.<sup>95</sup>

### All American Buffet

The Good Start Buffet PLUS eggs and waffles cooked to order and a selection of breakfast meats. Includes juice and coffee 18.<sup>95</sup>

## 3-Egg Omelets

Served with hash browns

### Spinach Herb Omelet

spinach, mushrooms and tomatoes 9.<sup>75</sup>

### Quesadilla Omelet

guacamole, sour cream, salsa picante and jack cheese 9.<sup>95</sup>

### Egg White Frittata

smoked salmon, onions, fresh herbs and margarine 10.<sup>95</sup>



### Steak and Eggs [carb conscious]

6 oz. NY strip, two eggs any style 18.<sup>95</sup>

### Crunchy Grilled French Toast [low cholesterol]

whole wheat bread dipped in egg beaters and crusted with corn flakes, then grilled, served with fresh banana slices and light syrup 15.<sup>95</sup>

### Bircher Muesli [low fat]

muesli and quaker oats, low fat yogurt topped with fruits and honey 9.<sup>95</sup>

### Egg White Vegetable Frittata [low carb]

with mushrooms, fennel and spinach topped with a basil-tomato relish 10.<sup>95</sup>

## Signatures

### Pancake Stack!

whipped cream, chocolate sauce, maple syrup and fruit compote 9.<sup>50</sup>

### Smoked Salmon Rösti

potato cake, fried eggs, smoked salmon, sour cream, with strawberries and a glass of champagne 18.<sup>95</sup>

## Specialties

### French Toast

choice of bacon, sausage or Canadian bacon with syrup and butter 8.<sup>50</sup>

### Breakfast Panini

with grilled tomato, fried egg and bacon 8.<sup>50</sup>

### The New Yorker

smoked salmon, bagel with cream cheese, red onion rings, capers and lemon 11.<sup>95</sup>

### Fast Fare

two eggs scrambled, diced ham and hash browns and choice of toast or bagel 8.<sup>50</sup>

### Eggs Benedict

two poached eggs, Canadian bacon, hollandaise sauce served with hash browns 9.<sup>95</sup>

### Chilled Stewed Fruits

apricots, prunes and figs served with natural yogurt, cinnamon syrup 7.<sup>50</sup>

### Fresh Fruit Platter

selection of fresh, sliced tropical fruits 11.<sup>95</sup> large 6.<sup>25</sup> small

## Etc.

Freshly Squeezed Orange Juice 3.<sup>95</sup>

Apple, Cranberry, Pineapple, V8, Tomato, Prune or Grapefruit Juice 3.<sup>50</sup>

Bottled Mineral Water 3.<sup>00</sup>

Coffee, Decaf. Coffee and Selection of Teas 2.<sup>75</sup>

Milk, Chocolate Milk, Hot Chocolate 3.<sup>00</sup>

Espresso, Cappuccino 3.<sup>25</sup>

Cereal with Fruits, served with whole or skim milk, sliced bananas 6.<sup>50</sup>

Two Eggs Any Style 6.<sup>95</sup>

Ham, Bacon, Sausage or Canadian Bacon 4.<sup>75</sup>

Whole Wheat, White, Rye or Multi Grain Toast 2.<sup>75</sup>

Muffin, Danish or Croissant, choice of two pieces 5.<sup>50</sup>

Bagel with Cream Cheese 4.<sup>75</sup>

Hash Browns 3.<sup>25</sup>