

## SMOOTHIES &amp; JUICE

## JUICE

Apple — Cranberry — Grapefruit — Orange  
Pineapple — Prune — Tomato — V-8

## SMOOTHIES

Made-to-Order with Your Choice of Fresh Fruit:

Melon (in Season) — Pineapple — Banana — Papaya — Mango

## TODAY'S SMOOTHIE SPECIAL

## Red Summer

*Cranberry Juice, Strawberry and Raspberry Purée, Milk,  
Special K, Low-Fat Yogurt and Honey*

## BEVERAGES

Freshly Brewed Coffee: Regular and Decaffeinated

English Breakfast Tea — Darjeeling Tea

Earl Grey Tea — Decaffeinated Tea — Assorted Herbal Teas

Milk: Whole and Skim — Hot Chocolate



## CEREAL, YOGURT &amp; FRUIT

## COLD CEREAL

Corn Flakes — Raisin Bran — All Bran — Bran Flakes

Shredded Wheat — Granola — Frosted Flakes — Special K — Rice Krispies

*Served with Your Choice of Whole or Skim Milk  
and Sliced Banana or Seasonal Berries*

Bircher Müesli

*Freshly Made with Toasted Oats, Raisins, Fruit Yogurt,  
Apples, Oranges, Bananas and Honey*

## HOT CEREAL

Cream of Wheat — Oatmeal

*Served with Your Choice of Honey, Maple Syrup,  
Cinnamon Powder, Brown Sugar and a Selection of Nuts*

## YOGURT

A Selection of Chilled Premium Yogurt: Plain — Fruit — Greek

Yogurt Parfait

*Cup of Plain or Greek Yogurt with Fresh Berries and Granola*

## FRESH FRUIT

Grapefruit Half

Seasonal Fresh Fruit Plate

Vanilla-Infused Fruit Salad

## FRUIT IN SYRUP

Apricots — Peaches — Pears — Kadota Figs — Prunes



## CANYON RANCH

## HEALTHY LIVING CHOICES

Orange Juice [65/tr/1]

Fruit Salad [70/tr/2]

\*Three Egg White Omelet with Vegetables and Cheese [180/9/tr]

Hash Brown Potatoes [85/1/2]

*[Calories / Fat Grams / Fiber Grams]*

*By following Canyon Ranch's Healthy Living Choices for each meal,  
you will be nourished with a wide variety of fresh fruits and vegetables,  
healthy fats, whole grains and lean proteins*

## Express Breakfast

\*Scrambled Eggs with Crisp Bacon,  
Hot Toast, Orange Juice and Freshly Brewed Coffee

## COLD GALLEY

\*Smoked Salmon with Cream Cheese — Italian Salami  
Prosciutto Ham — Assorted Cold Cuts and Cheese

## EGGS

\*Fried: Sunny Side or Over Easy — \*Scrambled — \*Poached

\*Boiled: Hard or 3 Minute Egg — \*Eggs Benedict

## OMELETS

\*Cheese — \*Ham — \*Smoked Salmon and Onions

\*Plain — \*Combination

## SIGNATURE OMELETS

\*Spanish Flat

*Onions, Potatoes, Tomatoes, Bell Peppers and Parsley*

\*Western

*Onions, Ham, Tomatoes, Bell Peppers and Cheddar*

\*Fine Herbs

*Parsley, Chives, Tarragon and Chervil*

\*Countryside

*Potatoes, Goat Cheese, Bacon and Parsley*

## TODAY'S EGG SPECIAL

\*Tuscan Eggs Benedict

*Poached Eggs over Grilled Ciabatta, Italian Sausage,  
Tomato Confit and Pesto Hollandaise*

## FROM THE GRIDDLE

\*Breakfast Steak — \*Grilled Lamb Chops

## FISH

Steamed Finnan Haddock — Broiled Kippers with Sautéed Onions

## HOT SIDE DISHES

Berner Rösti — Hash Brown Potatoes — Lyonnaise Potatoes

Grilled Tomatoes — Sautéed Mushrooms — Broiled Breakfast Ham

Corned Beef Hash — Sausage Link: Pork or Turkey — Canadian Bacon

Rasher of Regular or Turkey Bacon

## PANCAKES &amp; WAFFLES

Plain — Buckwheat — Blueberry — Banana — Pecan — Swedish

French Toast

## FROM THE BAKERY

French Croissant — Pain au Chocolat

Brioche — Danish Pastries — Assorted Muffins — Bagel

Poulichette Baguette — Sliced Normandy Bread — Crispy Swedish Rolls

White, Rye and Whole Wheat Toast — Sourdough — Pumpernickel

Basket of Assorted Rolls

*Served with Assorted Jams, Orange Marmalade, Honey and Butter*

## TODAY'S BAKERY SPECIALS

Plain Cronuts

Swedish Pancakes with Lingonberries