



INDULGE

Poblano and Quinoa *gf*

Two poached eggs, roasted poblano-quinoa, braised kale and tarragon hollandaise **15**

Bacon, Egg and Arugula Brioche Sandwich*

Served with hash brown potatoes and cured tomato **17**

Eggs Benedict*

Two poached eggs on toasted English muffin, Canadian bacon dressed with hollandaise sauce, hash brown potatoes and cured tomato **16**

Waltham Express*

Two eggs your way, bacon or sausage, hash brown potatoes or cut fresh fruit **17.5**

Smoked Salmon Plate*

Cream cheese, capers, onion, tomato and bagel **16**

OMELETS Á LA CARTE

Create Your Three-Egg Omelet*

Cheddar, mozzarella, ham, mushrooms, onions, tomatoes, bell pepper **17.5**

Made with your choice of whole eggs or egg whites and served with choice of hash brown potatoes or cut fresh fruit

Egg White and Natural Chicken Sausage *gf*

Paired with arugula, tomato and avocado salad with feta cheese **18**

Housemade Rosemary Corned Beef Hash* *gf*

Topped with two poached eggs, hash brown potatoes, cured tomato **17**

REJUVENATE

Brioche French Toast

Maple syrup, whipped butter and fresh berries **15**

Blueberry Greek Yogurt Pancakes

Maple syrup and whipped butter **14**

BAKERIES • CEREALS • FRUIT • YOGURT

Basket of Fresh Bakeries

A freshly baked butter croissant, Danish or today's muffin with butter and jam **10**

Almond Steel-Cut Oatmeal *SuperFoodsRx*

Green apples, almonds and honey drizzle **10**

Fruit Parfait *SuperFoodsRx*

Low-fat Greek style yogurt layered with granola, honey and seasonal fresh fruit **9**

Cold Cereal Selection

Kellogg's Special K, Raisin Bran, Frosted Flakes, Rice Krispies, Froot Loops, Shredded Wheat **7**

À LA CARTE

SEASONAL BERRY SELECTION **7**

LOW-FAT FRUIT YOGURT **5**

HASH BROWNS **4.5**

A FARM FRESH EGG* **3**

HAM, BACON, SAUSAGE, CHICKEN SAUSAGE **5**

FRESHLY SLICED FRUIT PLATE **8**

TOAST / BAGEL / ENGLISH MUFFIN

Wheat, White, Rye, Sourdough **4.5**

REFRESHMENTS

SELECTION OF ASSORTED TEA

Herbal or Black Tea **4**

FRESHLY BREWED STARBUCKS COFFEE AND DECAFFEINATED COFFEE **4.5**

CAPPUCCINO, LATTE **5.5**

ORANGE, APPLE, CRANBERRY OR TOMATO JUICE **5.5**

ESPRESSO **5.5**

MILK

Non-Fat, 2%, Chocolate or Soy **4**



"These nutritional powerhouse foods can help extend your health span – the extent of time you have to be healthy, vigorous, and vital."

– Dr. Steven Pratt, author of SuperFoods Rx: Fourteen Foods That Will Change Your Life



We pride ourselves in providing gluten friendly menu choices. While we endeavor to carefully prepare those meals to accommodate a gluten-free diet, please be aware that they may be prepared in an environment where gluten is present. Please consult your physician as to your personal health decisions.

