

## alpine breakfast buffet \$34

### starters & light fare iii

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#### YOGURT BANANA SMOOTHIES $\Delta$

purple power | acai, blueberries, flaxseed | 9  
spa | kale, pineapple, cucumber | 8  
mocha | banana, dates, protein, cacao | 9  
balance | ginseng, melon, chia seed, basil | 8  
summer | strawberry, blossom honey, orange, aloe | 9  
carrot juice slushie | 6  
add spirulina or bee pollen | 2

#### A SELECTION OF COLD CEREALS

choice of milk, strawberries & bananas | 9

#### SMOKED SALMON

toasted bagel with traditional condiments | 21

#### HOUSE MADE FRUIT & NUT GRANOLA $\Delta$

skim milk & seasonal berries | 12

#### TREE & VINE RIPENED FRUIT $\Delta$

locally made yogurt, honey & seasonal berries | 14

#### ORGANIC STEEL CUT OATS

irish gold seal oats, raisins & brown sugar | 11

### breakfast bakery iii

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#### PASTRY BASKET

today's selection of breakfast bakeries with preserves & farm butter | 9

#### FRIED BLACKBERRY PIE

white chocolate ice cream, cinnamon sugar | 13

$\Delta$  Gluten Free

breakfast  
espresso

### entrees iii

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#### SPA BREAKFAST

egg whites, spinach, roasted tomatoes, hand cured bacon  
& fresh mozzarella on grilled flatbread | 18

#### TAVERN BREAKFAST $\Delta$

two farm fresh brown eggs any style & skillet potatoes  
with apple smoked bacon, house cured ham or country sausage | 17

#### EGGS BENEDICT

poached eggs with house cured ham or spinach & roasted tomatoes  
on buttermilk biscuit with hollandaise & skillet potatoes | 19

#### RANCHERO

fried eggs, corn tortillas, ancho chile sauce & refried black beans | 16

#### SHORTRIBS

braised beef rib, pearl onions, poached eggs, skillet potatoes, béarnaise | 21

#### BISCUITS & GRAVY

organic brown eggs, sausage gravy & cheddar biscuits | 17

#### OMELET BY DESIGN $\Delta$

choice of cheese, peppers, mushrooms, onions, tomato, ham, spinach,  
bacon or sausage with skillet potatoes & grilled tomato | 17

#### CHOCOLATE WAFFLES

cocoa waffles with candied walnuts, black strap molasses, marshmallows,  
nutella & vermont maple syrup | 16

#### LEMON SOUFFLÉ PANCAKES

seasonal berries & raspberry puree | 16

#### ALMOND & ORANGE BRIOCHE FRENCH TOAST

spiced apricots, marcona almonds, vermont maple syrup | 16

### sides iii

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toast | white, wheat, oatnut, biscuit or english muffin 3

toasted bagel with cream cheese 5

country pork sausage 5

applewood smoked bacon 5

grilled tomato 3

skillet potatoes 4

chicken sausage 5

sautéed spinach & asparagus 7

seasonal berries 5

2 organic eggs 6