

BREAKFAST MENU

STARTERS

Freshly Prepared Creations 5

Apple-Carrot • Grapefruit-Cranberry • Orange-Cranberry

Juices 5

Freshly squeezed Orange or Grapefruit • Apple • V8 • Cranberry

Breakfast Smoothie 5

Organic Vanilla or Plain low-fat Yogurt blended with peaches, banana and strawberries

French Press Coffees

“When we drink coffee, ideas march in like the army” ~ Honore de Balzac

Small pot 6.00
Medium Pot 12.00
Large pot 18.00

“The Highland Silk Road “

Our very own wonderful blend of Sumatra and Ethiopian Beans, smooth, complex with a hint of spices
3.5 Cup

“Sumatra “

Smoky, Complex & Heady
Very rich, smooth and full bodied, low acidity, ~an excellent compliment to a fine dessert.
4.5 Cup

“Guatemalan “

Sweet, Creamy & Nutty
A high altitude coffee full in body and rich in flavor
4.5 Cup

“Ethiopian “

Spicy, sweet & Fruity
Where all coffees originated; hints of cherries and blueberries with a long resonant finish
4.5 Cup

Teas

“Each cup of tea represents an imaginary voyage” ~

Queen Elizabeth

Cup 4.00
Tea Pot 12.00

Breakfast in Beijing”

traditional Chinese blend of robust black teas

“Earl Grey”

Black tea with essence of bergamot

“Zen Mountain”

Green tea with osthmanthus blossoms, lemon & jasmine

“Papaya Cove”

Green & black teas with papaya, pineapple & strawberries

“Citrus Oolong”

Jasmine with essence of lemon & orange

BREAKFAST MENU

EGG DISHES

Served with home-style potatoes – egg white option available

2 Eggs Any Style 11

served with white, wheat, rye toast or house-made English muffin

Crystal Farm Fresh Egg Omelet 11

choice of 3 toppings: mushrooms, tomato, asparagus, caramelized onion, smoked ham, sausage, gruyere, american or shelburne farms cheddar - served with white, wheat, rye toast or house-made english muffin

Huevos Rancheros 13

scrambled eggs, chorizo and red pepper on roasted corn tortillas - black beans and Pico de Gallo

Crystal Breakfast Club 11

2 eggs fried or scrambled, applewood smoked bacon or Taylor ham and shelburne farms cheddar

Eggs Benedict 14

poached eggs, canadian bacon on house-made english muffin - chive hollandaise
add loch kairn smoked scottish salmon 4.50

Chef’s Garden Omelet 12

roasted mushrooms, asparagus, tomatoes, roasted red peppers, organic baby spinach

Steel Cut Oatmeal 8

organic steel cut Irish oatmeal served with Bosc Pear cinnamon compote
choice of hot milk or cream

Bagel and Lox 10.50

toasted bagel, cream cheese, Kairn smoked Scottish salmon with traditional accompaniments

Tavern Waffle 9

fresh fruit salad, Vermont maple syrup

Grand Cascades Granola 8.50

organic low-fat vanilla or plain yogurt, fresh fruit

Buttermilk Pancakes 8.50

choice of plain, blueberry, strawberry, banana or chocolate chip - Served with Vermont maple syrup

The Continental 7.50

basket of house-baked pastries, coffee or tea and choice of juice

Bakery

3

House-made English muffin • White, Wheat or Raisin Pecan Toast • Daily Muffin • Pain au Chocolate • Croissant

Sides

4

Chicken Apple Sausage • Applewood Smoked Bacon • Taylor Ham Cobb • Smoked Ham • Home Fries • Fruit Salad