

BREAKFAST

BREAKFAST ENTRÉE'S

MEDITERRANEAN VEGETABLE FRITTATA - GF | NSA | V

A classic Italian-style Omelet Loaded with Creamy Mozzarella Cheese, Sun Dried Tomatoes, Marinated Artichoke Hearts, and Fresh Spinach then Baked and Topped with a Touch of Pesto
• Individual Frittata or Half Pan (Serves Approximately 6)

SEASONAL BEST FRITTATA - GF | NSA | PF | V

A classic Frittata filled with the freshest seasonal vegetables, cheeses or meats. Then baked to perfection. Market Price ~ Based on choice of traditional or organic ingredients.
• Individual Frittata or Half Pan (Serves Approximately 6)

SOUTHWEST FRITTATA - GF | NSA | PF | V

A mix of Fresh Organic Vegetables: Sweet Peppers, Onions, Mushrooms and Zucchini Sautéed with Chipotle Seasoning then Baked with Cage Free Organic Eggs (Hormone and Antibiotic Free) Topped with All Natural Gourmet Salsa and a Sprig of Cilantro
• Individual Frittata or Half Pan (Serves Approximately 6)

ROASTED VEGETABLE FRITTATA - GF | NSA | V

A classic Frittata mixed with Shredded Baby Swiss, Tomatoes, Roasted Mushrooms, Caramelized Onions then Baked to Perfection
• Individual Frittata or Half Pan (Serves Approximately 6)

BANANA QUINOA BERRY BAKE - GF | NSA | V

Organic Quinoa Baked with Almond Milk, Cage Free Organic Eggs (Hormone and Antibiotic Free), Organic Berries, Almonds and Organic Milled Flax
• Individual Berry Bake or Half Pan (Serves Approximately 12)

STEEL CUT OATS BAKED WITH MIXED BERRIES - V

Baked Organic Steel Cut Oats, Cage Free Organic Eggs (Hormone and Antibiotic Free) Unsweetened Vanilla Almond Milk, Pure Maple Syrup, Organic Vanilla Extract, Ghee and Fresh Organic Berries
• Individual Berry Bake or Half Pan (Serves Approximately 12)

FRENCH TOAST BAKE - V

Classic oven-baked French toast sweetened with a scrumptious combination of cinnamon, brown sugar and vanilla. Top with your choice of bananas or blueberries.
• Individual French Toast Bake or Half Pan (Serves Approximately 12)

CRANBERRY RAISIN FOCACCIA FRENCH TOAST - V

Rich Focaccia Filled with Cranberries and Raisins. Topped with a Golden Crust Dusted with Turbinado Sugar - 2 Slices Per Person
• Served with Real Maple Syrup

BREAKFAST SIDES & ALA CARTE ITEMS

CENTER-CUT APPLEWOOD BACON

Thick Center-Cut Applewood Cold Smoked Bacon - 3 Slices Per Serving

APPLEWOOD CARVING HAM - GF | DF | PF

Slow Smoked Applewood Carving Ham

ROASTED BREAKFAST POTATOES - GF | DF | NSA | PF | V

Lightly Seasoned, Oven Roasted Organic Potatoes and Caramelized Onions

CHEESE GRITS - GF | NSA | V

Creamy Organic Stone Ground Cheddar Cheese Grits Seasoned with a Touch of Garlic

FRESH BERRIES, GRAPES OR APPLES - GF | DF | NSA | PF | V

Organic Fresh Berries, Organic Grapes or Crisp Organic Whole Apples

GREEK YOGURT PARFAIT

Organic Greek Yogurt Topped with Organic Fresh Seasonal Fruit, Slivered Almonds and Drizzled with Local Honey

POWER PARFAIT - GF | DF | NSA | PF | V

Coconut Kefir Cream Topped with Organic Fresh Seasonal Fruit, Slivered Almonds and Sprinkled with Organic Flax Seed Powder

FOODELICIOUS MUFFINS - GF | DF | NSA | PF | V

Super Moist and Flavorful, Organic, Gluten Free, Sugar Free, Dairy Free Muffins ~ Choice of Three Delicious Flavors

BANANA BLUEBERRY MUFFINS - GF | DF | NSA | PF | V

Organic Bananas, Almond Flour Muffins Topped with Organic Blueberries, Slivered Almonds and Sprinkled with Organic Milled Flax

CACAO COCONUT WALNUT MUFFINS - GF | DF | NSA | PF | V

100% Cacao, Organic Bananas, Almond Flour Muffins Filled with Shaved Coconut and Walnuts, Topped with Cacao Nibs

CACAO RASPBERRY MUFFINS - GF | DF | NSA | PF | V

100% Cacao, Organic Bananas, Almond Flour Muffins Topped with Organic Raspberries

FOODELICIOUS KEFIR MUFFIN CUPS - GF | DF | NSA | PF | V

Muffin Cups Filled with Fresh Organic Berries, Coconut Kefir and Sprinkled with Organic Milled Flax Seed (Choice of Three Foodelicious Muffin Flavors)