

BREAKFAST

starters

SMOKED SCOTTISH SALMON 15

Toasted bagel & cream cheese, thinly sliced red onions,
capers and fresh lemon wedges

FRESH SEASONAL MELON AND BERRIES 10.50

With low fat cottage cheese: add \$3.50

ASSORTED COLD BREAKFAST CEREAL 6

(Add \$1 for sliced banana or fresh berries)

Shredded Wheat, Special K, All Bran, Raisin Bran,
Rice Krispies or Frosted Flakes, Whole, skim or soy milk

CHOPRA GRANOLA 7

A wholesome blend of oats, bran, dried fruits, pumpkin seeds and
maple syrup, whole skim or soy milk

WHOLE-GRAIN HOT BREAKFAST CEREAL 7

RUBY RED GRAPEFRUIT 6

egg specialties

Egg whites may be substituted upon request

TWO-EGG BREAKFAST 16

Two eggs prepared to your liking, crispy hash-browned potatoes,
toast, and choice of bacon, sausage links or grilled ham.

LA COSTA CORNED BEEF HASH 14

Poached eggs, fresh corned beef hash and Yukon Gold potatoes

GRILLED N.Y. SIRLOIN STEAK & EGGS (7 ounces) 19

New York sirloin steak grilled to perfection, two eggs cooked to your liking
and crispy hashed-browned potatoes

THE CALIFORNIA OMELET 15

Egg-white omelet filled with spinach, shiitake mushrooms, tomatoes,
green onions, bell peppers and asparagus

CREATE-YOUR-OWN OMELET 16

Customize your omelet with your choice of: Mushrooms, bell peppers,
cheddar cheese, green onions, bay shrimp, carved ham, asparagus,
bacon, tomatoes and spinach

TRADITIONAL EGGS BENEDICT 16

Poached eggs atop smoked, sliced pork loin, perched side-by-side upon two
toasted English muffins and topped with hollandaise sauce

VEGETABLE HASH 14

Poached eggs and organic baby spinach

awakenings

THE POWER SMOOTHIE 8

A protein-enriched morning starter with whipped raspberries,
strawberries, bananas, orange juice

TROPICAL EYE OPENER 8

A tropical delight with mango, pineapple, papaya, light coconut milk

GINGER ELIXIR 6

A power-packed elixir made of pure ginger and lemon juice

cakes & waffles

FRENCH TOAST 14

Thickly-cut French toast, premium Vermont maple syrup

BELGIAN WAFFLES 14

Carlsbad field strawberries and fresh whipped cream

BUTTERMILK PANCAKES 14 (short stack \$10)

Side of fruit, fresh whipped cream, premium Vermont maple syrup

accompaniments

BREAKFAST MEAT 6

Choice of: sausage links, grilled ham, bacon, corned beef hash
or Canadian bacon

CRISPY HASHED-BROWNED POTATOES 4

BAGEL WITH CREAM CHEESE 4.50

SELECTION OF YOGURTS 5

COTTAGE CHEESE 3.50

TOAST OR ENGLISH MUFFIN 4

juice, tea, coffee

FRESH JUICES 4.50

Orange, grapefruit, cranberry, apple tomato, V-8,
prune juice or carrot juice

FRESHLY-BREWED STARBUCKS® COFFEE 4

GOURMET TAZO® TEAS 4

Zen, Refresh, Awake, Calm, Earl Grey or Chai

ESPRESSO 5

DOUBLE ESPRESSO 6

CAPPUCCINO 6

LATTE 6