



# breakfast

Avocado Chickpea Toast 5  
with cilantro, Omega Bakery ciabatta

Spinach Omelet 10  
roasted tomato, smoked bacon,  
Middlefield Farm pepperjack cheese,  
served with choice of one side

Mushroom Omelet 11  
baby portabella, Swiss cheese,  
caramelized onion, served with choice  
of one side

Poached Eggs 4  
toasted ciabatta

Classic Breakfast 9  
two eggs your way, choice of breakfast  
protein, one side item, and toast

Early Bird 7  
two eggs your way on toasted English  
muffin, with smoked bacon and Tillamook  
cheddar cheese

Steel Cut Oats 5  
blueberries, brown sugar,  
golden raisins, pecans

Blueberry Pancakes 6  
organic multi-grain pancakes,  
fresh blueberries

House-made Molasses  
and Pecan Granola 7  
Snowville Creamery yogurt,  
fresh blueberries

## Side Items

Fresh fruit	2
Hash browns	2
Smoked bacon	2.75
Pork sausage	2.75
Turkey sausage	2.75
Cottage cheese	1.75

## Beverages

<i>Athletic Club Roasting</i>	2.75
House Blend	
Decaf House Blend	
Tazo® hot tea	2.75
Fresh orange juice	3
Apple juice	2
Iced tea	2.75
Fresh berry smoothie	4.25
Myoplex® shake	5.5
Soda	2.25

### Featured Partners

Anson Mills | The Butcher & Grocer  
Middlefield Farm | Omega Bakery  
RL Valley Ranch | Shagbark Seed & Mill  
Skuna Bay Farms | Snowville Creamery

*Executive Chef John Wolfe*

\* Consuming raw or undercooked meat, poultry,  
seafood, shellfish or egg may increase your  
risk of food borne illness.