## breakfast

## fresh & light

AVOCADO TOAST\*

poached farm egg, fresno, crispy shallot, feta, lemon ginger vinaigrette

ACAI BOWL

goji berry, banana, kiwi, cocoa nibs, granola

**OUINOA SALAD** 

parma ham, avocado, tomato, cucumber, corn, arugula, hash brown poached farm egg

EGG WHITE FRITTATA\*

asparagus, potato, onion, roasted pepper, goat cheese

HOUSEMADE GRAVLAX\*

plain bagel, dill mascarpone, tomato, pickled onion, avocado, capers

STEEL CUT OATMEAL

fresh & dried blueberries, honeycomb

AMANGANI GRANOLA

greek vogurt, berries, flax seeds

SEASONAL FRUIT PLATE

ASSORTED PASTRIES

## from the griddle

FRENCH TOAST

coffee whipped cream, chocolate

GF COCONUT PANCAKES

mango, pineapple, mint

CREPES

banana, nutella, berries

WAFFLE

whipped cream, berries

## chef's choice

GRAND BREAKFAST\*

two farm eggs, hash brown, choice of applewood-smoked bacon, chicken or caribou sausage, choice of toast

ZUCCHINI BLOSSOM OUICHE\*

poblano yellow corn, gruyere, spring mix, lemon vinaigrette

CROISSANT SANDWICH\*

scrambled eggs, bacon, cheddar, tomato, spring mix, mustard aioli, lemon vinaigrette

AMANGANI BENEDICT\*

poached farm eggs, pickled apple, fresno, hollandaise, tomato TO ADD salmon / pork

**MEXICAN BURRITO** 

two farm eggs, chorizo, beans, tomato, onion, cilantro, chipotle mayo, pepper jack

TO ADD hash brown / fruit / avocado / applewood-smoked bacon chicken or caribou sausage

beverage

CHAI TIGER'S EYE SMOOTHIE banana, peanut butter, almond milk

FRESH JUICE

orange or grapefruit

ROSE QUARTZ SMOOTHIE

mango, pineapple, goji berry, raspberry,

DETOX JUICE orange juice

beet, carrot, apple, lemon

LAPIS LAZULI SMOOTHIE

blueberry, banana, cinnamon, flax

GREEN MONSTER JUICE celery, cucumber, spinach, apple,

kale, parsley

TUSOL BALANCE SMOOTHIE

plant protein, banana, matcha, ashwagandha,

coconut milk

CLOCKWORK JUICE

carrot, pineapple, ginger, turmeric

TUSOL ANTIOXIDANT SMOOTHIE plant protein, banana, maqui, baobab, acai,

almond milk

FRESH START

orange, pineapple, pear, grapefruit,

cucumber

TEA

WELLNESS BOOSTER ginger, turmeric, lemon

english breakfast, earl grey, green sencha, darjeeling, jasmine, chamomile, peppermint,

rose hip hibiscus, orange rooibos, verbena