

## awake

<b>fruit smoothie</b>	6
non-fat yogurt, bananas, berries, juice	
<b>homemade granola yogurt parfait</b>	8
berries, apples, ames honey	
<b>chilled organic yogurt</b>	8
seasonal fruit, berries, ames honey	
<b>seasonal fruit and berries</b>	9
<b>pastries</b>	5
buttery croissant or mainstreet bakery english muffin	
<b>today's muffins</b>	3
blueberry, morning glory or cranberry-walnut	
<b>mccann's steel cut oatmeal</b>	8
brown sugar, raisins and cinnamon cream	
<b>assorted cold cereals</b>	6
berries or sliced bananas	

### **express american breakfast**

two cage free eggs your way  
applewood smoked bacon or sausage links, hash browns  
juice and coffee

16

## aware

<b>walleye and shrimp cake benedict</b>	14
poached eggs, hollandaise, hash browns	
<b>benedict</b>	14
poached eggs, canadian bacon, hollandaise, hash browns	
<b>smoked salmon and bagel</b>	13
chive cream cheese, asparagus, capers, tomatoes	
<b>breakfast sandwich</b>	11
bacon, eggs any style, wisconsin cheddar, ciabatta, hash browns	
<b>steak and eggs</b>	16
ny strip, eggs any style, hash browns	

## arise

choice of white, whole grain, wheat, raisin or rye toast	
<b>cage free eggs any style</b>	12
choice of applewood smoked bacon, breakfast sausage, or chicken apple sausage	
<b>cage free omelets</b>	14
choice of four ingredients, egg whites or egg beaters available	
<b>vegetable</b>	
mushrooms, spinach, fresh herbs, red peppers, onions, asparagus, tomatoes	
<b>cheese</b>	
wisconsin cheddar, stickney hill goat cheese, feta, fresh mozzarella, gruyere, provolone	
<b>meat</b>	
applewood smoked bacon, smoked ham, sausage, chicken apple sausage	
<b>blueberry pancakes</b>	12
<b>buttermilk pancakes</b>	11
<b>belgian waffle</b>	12
strawberries, devonshire cream	
<b>vanilla bean french toast</b>	13
<b>stuffed french toast</b>	14
crème friache, berries	

## always

<b>assorted juices</b>	5
orange, grapefruit, apple, cranberry	
<b>starbucks coffee</b>	3
regular or decaf	
<b>mighty leaf tea</b>	4
black, green, herbal	
<b>espresso, latte or cappuccino</b>	5
<b>milk</b>	3
2%, non-fat, chocolate, soy	
<b>red bull</b>	5

