



# Breakfast Menu



| Sunday                                  | Monday  | Tuesday   | Wednesday   | Thursday  | Friday   | Saturday   |
|---|---|---|---|---|--|--|
| <b><u>Continental Breakfast</u></b>     | <b><u>Pizza/Al Dente's</u></b>  | <b><u>Pizza/Al Dente's</u></b>  | <b><u>Pizza/Al Dente's</u></b>  | <b><u>Pizza/Al Dente's</u></b>  | <b><u>Pizza/Al Dente's</u></b>   | <p style="text-align: center;"><b>No<br/>Breakfast<br/>is Served.<br/>It's<br/>Saturday<br/>Sleep in<br/>and Have<br/>A Great<br/>Day!</b></p> |
| Assorted Cereals<br>(GF available)      | Made To Order<br>Omelettes<br>(GF)<br>500 Cal, Ea<br>With all options   | Made To Order<br>Omelettes<br>500 Cal, Ea<br>With all options   | Made To Order<br>Omelettes<br>500 Cal, Ea<br>With all options   | Made To Order<br>Omelettes<br>500 Cal, Ea<br>With all options   | Made To Order<br>Omelettes<br>500 Cal, Ea<br>With all options  |  |
| Fresh Fruit                             |   |   |   |   |  |  |
| Assorted Yogurt                         | <b><u>Grill Works</u></b>   | <b><u>Grill Works</u></b>   | <b><u>Grill Works</u></b>   | <b><u>Grill Works</u></b>   | <b><u>Grill Works</u></b>  |  |
| Made to Order Waffles<br>(GF available) | Homemade Brown<br>Sugar Oatmeal (GF)(VG)<br>246 Cal, 6oz  | Homemade Brown<br>Sugar Oatmeal (GF)(VG)<br>246 Cal, 6oz  | Homemade Brown Sugar<br>Oatmeal (GF)(VG)<br>246 Cal, 6oz  | Homemade Brown Sugar<br>Oatmeal (GF)(VG)<br>246 Cal, 6oz  | Homemade Brown<br>Sugar Oatmeal<br>(GF)(VG)<br>246 Cal, 6oz  |  |
| Assorted Flavored<br>Oatmeal Packets    | Fresh Fruit & Yogurt<br>Bar (GF)  | Fresh Fruit & Yogurt Bar<br>(GF)  | Fresh Fruit & Yogurt Bar<br>(GF)  | Fresh Fruit & Yogurt Bar<br>(GF)  | Fresh Fruit & Yogurt<br>Bar (GF)   |  |
|   | <b><u>Comfort Zone</u></b>  | <b><u>Comfort Zone</u></b>  | <b><u>Comfort Zone</u></b>  | <b><u>Comfort Zone</u></b>  | <b><u>Comfort Zone</u></b>   |  |
|   | French Toast Sticks<br>230 Cal. 3 Each<br>Syrup<br>100 Cal, 2T<br>Scrambled Eggs (GF)<br>70 Cal, 3T<br>Sausage Link (GF)(DF)<br>160 Cal, Ea.<br>Shredded Hash Browns<br>(GF)<br>140 Cal, 1 Cup<br><br>Turkey Sausage<br>Available upon Request<br><br><b><u>Showthyme</u></b><br><br>Waffle Station (GF)<br>270 Cal, Ea | Biscuits<br>200 Cal. Each<br>Country Gravy<br>50 Cal, 2oz<br>Scrambled Eggs (GF)<br>70 Cal, 3T<br>Sausage Patty (GF)(DF)<br>160 Cal, Ea.<br>Diced Potatoes (DF)<br>80 Cal, 2/3 Cup<br><br>Turkey Sausage<br>Available upon Request<br><br><b><u>Showthyme</u></b><br><br>Waffle Station (GF)<br>270 Cal, Ea | Pancakes<br>115 Cal. Each<br>Syrup<br>100 Cal, 2T<br>Scrambled Eggs<br>70 Cal, 3T<br>Bacon (GF)(DF)<br>45 Cal, 2 Ea.<br>Oval Hash brown (DF)<br>100 Cal, Ea.<br><br>Turkey Bacon Available<br>upon Request<br><br><b><u>Showthyme</u></b><br><br>Waffle Station (GF)<br>270 Cal, Ea | Biscuits<br>200 Cal. Each<br>Country Gravy<br>50 Cal, 2oz<br>Scrambled Eggs (GF)<br>70 Cal, 3T<br>Sausage Patty (GF)(DF)<br>160 Cal, Ea.<br>Shredded Hash Browns<br>(GF)<br>140 Cal, 1 Cup<br><br>Turkey Sausage Available<br>upon Request<br><br><b><u>Showthyme</u></b><br><br>Waffle Station (GF)<br>270 Cal, Ea | French Toast<br>115 Cal. Each<br>Syrup<br>100 Cal, 2T<br>Scrambled Eggs<br>70 Cal, 3T<br>Sausage Links<br>(GF)(DF)<br>80 Cal, 3oz<br>Tater Tots (DF)<br>100 Cal, Ea.<br><br>Turkey Sausage<br>Available upon<br>Request<br><br><b><u>Showthyme</u></b><br><br>Waffle Station (GF)<br>270 Cal, Ea |  |