

Classics

Good Start Breakfast

Oatmeal, cold cereal, or housemade granola with fresh berries or bananas, skim milk and your choice of toast, bagel, or muffin. Includes juice and coffee 10.⁹⁵

All American Breakfast

Two eggs any style with crisp hash browns. Choose bacon, ham steak, sausage, or Canadian bacon and toast, bagel or muffin. Includes juice and coffee 12.⁹⁵

Good Start Buffet

Oatmeal, cold cereal, or housemade Almond Granola with fresh berries or bananas, skim milk and your choice of breakfast breads. Includes juice and coffee 13.⁹⁵

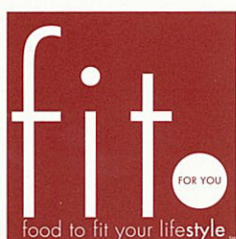
All American Buffet

The Good Start buffet PLUS eggs cooked to order and a selection of breakfast meats. Includes juice and coffee 16.⁹⁵

3-Egg Omelets

griddle omelette 10.⁹⁵

asparagus, goat cheese and basil 11.⁹⁵



Chicken Benedict [carb conscious] 12.⁹⁵

Crunchy Grilled French Toast [low cholesterol]
 whole wheat bread dipped in cholesterol free eggs and crushed corn flakes. Served with fresh fruit and reduced calorie syrup 10.⁹⁵

Egg White Vegetable Frittata [low fat]
 grilled tomatoes, spinach, mushrooms with tomato basil relish 11.⁹⁵

Signatures

Hand Cut Corned Beef Hash
 two poached eggs, grain mustard hollandaise 12.⁹⁵

Sour Dough French Toast
 with apples and choice of breakfast meats 10.⁹⁵

Specialties

Traditional Eggs Benedict
 Canadian bacon and hollandaise 12.⁹⁵

French Toast with Choice of Breakfast Meats
 maple syrup and whipped butter 9.⁹⁵

Fast Fare
 quickly scrambled eggs, diced ham and hash browns 10.⁹⁵

Pancakes or Waffle
 with choice of breakfast meats 9.⁹⁵

New York Steak
 served with eggs 16.⁹⁵

Bagel Sandwich 9.⁹⁵

Smoked Salmon
 toasted bagel and cream cheese 10.⁹⁵

Etc.

Freshly Squeezed Orange Juice 3.⁹⁵

Grapefruit, Tomato, Vegetable Juices 2.⁹⁵

Espresso, Cappuccino 3.⁹⁵

Coffee, Decaf. Coffee, Selection of Teas, Milk, Chocolate Milk or Hot Chocolate 2.⁷⁵

Evian Mineral Water (1ltr) 4.⁰⁰

Housemade Granola with Fresh Fruit 4.⁵⁰

Assorted Yogurts 2.⁹⁵

Bowl of Fresh Cut Fruit 4.⁵⁰

Oatmeal, Fresh Fruit and Soft Brown Sugar 3.⁹⁵

Selection of Cold Cereals and Fresh Fruit 3.⁹⁵

Toasted Bagel with Cream Cheese 2.⁹⁵

Maple Pepper Bacon 4.⁵⁰

Sausage, Bacon or Ham 3.⁹⁵

Fresh Fruit Smoothie 3.⁹⁵

Starbucks Coffee 2.⁷⁵

Kelloggs Cereal 3.⁹⁵