

Classics

Includes juice and choice of coffee, tea, milk or soda

Healthy Start Buffet

Includes cold cereal, oatmeal, fresh fruits, yogurt, breads, muffins, and assorted cheese. \$13

All American Buffet

Includes items from Healthy Start Buffet, PLUS eggs cooked to order, omelets, waffles, and a selection of breakfast meats. \$19

All American Breakfast

Two eggs your way, with crisp hash browns. Choice of bacon, ham, or sausage links, Canadian bacon, and toast, bagel or muffin. \$15

Good Start Breakfast

Quaker Oatmeal, cold cereal, or almond granola with fresh berries or banana, skim milk and your choice of toast, bagel or muffin. \$12

Create Your Own

3- Egg Omelet

All served with Hash Browns and Toast

*Ham *Bacon *Sausage *Onion
*Mushrooms *Green Onion *Tomato
*Bell Peppers *Jalapeño *Spinach
*Cheddar Cheese *Monterey Jack Cheese
\$13

Fit For You

Crunchy Grilled French Toast (low-cholesterol*)

Whole wheat bread dipped in cholesterol free eggs and crushed corn flakes. Served with strawberries and reduced calorie syrup. \$11

Sausage and Cheddar Frittata (carb-conscious*)

Open faced omelet served with grilled tomatoes \$11

Egg White and Vegetable Frittata (low fat*)

Open faced omelet, spinach, tomatoes, mushrooms, fennel \$11

*These items have been selected to meet the diverse dietary needs of our guests.

Signatures

Traditional Eggs Benedict

Served with Hash Browns \$14

New York Steak and Eggs

6oz. NY strip with two eggs your way, hash browns, toast, bagel or muffin \$16

Huevos Rancheros

Fried eggs, corn tortilla, refried beans, Ranchero sauce, cheddar cheese, sour cream. \$13

Fast Fare

Two eggs scrambled, diced ham, hash browns, and toast, bagel or muffin \$11

Broken Yolk Sandwich

Two fried eggs, tomato, bacon, and cheddar cheese on sourdough. Served with hash browns \$11

Joe's Special

Breakfast potatoes with scrambled eggs, ground beef, onions, mushrooms, spinach \$11

Country Benedict

Two scrambled eggs, Monterey jack, and two sausage links on a split buttermilk biscuit, smothered in sausage gravy. Served with hash browns \$11

Blue Berry Pancakes

Butter, warm maple syrup \$10

Belgian Waffle

Strawberries, whipped cream \$11

Fresh Fruit Platter

Fresh seasonal fruit, nonfat honey-yogurt dip \$10

Almond Granola Parfait

Fresh almond-granola, vanilla yogurt mixed berries \$8

ETC.

Smoked Salmon plate with Bagel \$7
Toast, Bagel, English muffin \$3.5
Croissant or Muffin \$3
Hash Browns or Breakfast Potatoes \$3
Hot Oatmeal or Cold Cereal \$5.5
Bacon, Sausage, Ham, Canadian bacon \$3.5

18 % Gratuity will be added to parties of six or more

Grilled tomato sub for potatoes available upon request. Whole grain toast available upon request



THREE FLAGS CAFE

Beverages

Orange, Grapefruit, Cranberry, Apple, Tomato, V8, or Pineapple juices	\$3.50
Milk, chocolate milk, hot chocolate	\$2.00
Freshly brewed Starbucks coffee, Tazo Teas	\$3.50



	Tall	Grande	Venti
Espresso	\$2.50	\$3.00	
Latte	\$3.50	\$4.00	\$4.50
Mocha	\$4.25	\$4.50	\$4.75
Cappuccino	\$3.50	\$4.00	\$4.50