

Classics

Good Start Breakfast

Oatmeal, cold cereal, or housemade Almond 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 12.⁰⁰

Good Start Buffet

Oatmeal, cold cereal, or housemade Almond granola, fresh berries or melon, and your choice of milk, breakfast breads and yogurt. Includes juice and coffee 13.⁹⁵

All American Buffet

The Good Start buffet PLUS eggs and waffles cooked to order and a selection of breakfast meats. Includes juice and coffee 15.⁹⁵



3-Egg Omelets

Asparagus, goat cheese and basil. Served with hashbrowns, toast, bagel or muffin 9.⁹⁵

Wild mushroom and fontina cheese. Served with hashbrowns, toast, bagel or muffin 9.⁹⁵



Steak and Roasted Tomato Benedict [carb conscious]

6oz. NY strip steak with mushroom and bacon hash accompanied with a roasted tomato egg benedict with bearnaise sauce 15.⁷⁵

Crunchy French Toast [low cholesterol]

whole wheat bread dipped in cholesterol free eggs and crushed corn flakes. Served with fresh fruit and reduced calorie syrup 8.⁵⁰

Seasonal Fruit Plate [low fat]

served with plain yogurt 8.⁰⁰

Signatures

Cheese Steak Omelet

with onions, mushrooms, provolone cheese and shredded beef. Served with hash browns, toasted bagel or muffin 9.⁹⁵

Strawberry-Ricotta Pancakes

with fresh strawberries and strawberry syrup 8.⁵⁰

Cinnamon-Green Apple Oatmeal

with caramelized apples and maple syrup 5.⁵⁰

Specialties

Traditional Eggs Benedict

Canadian bacon and hollandaise, served with hash browns 9.⁷⁵

Fast Fare

Quickly scrambled eggs, diced ham served with browns and your choice of bagel, muffin or toast 8.⁵⁰

Bagel Sandwich

Eggs, ham, cheddar cheese and hash browns 10.⁰⁰

The following include a choice of bacon, sausage, or Canadian bacon served with maple syrup and whipped butter (Thick cut maple pepper bacon)

Butter Milk Pancakes 7.⁷⁵

Blueberry Pancakes 8.²⁵

Belgian Waffle 7.⁷⁵

French Toast 7.⁷⁵

Etc.

Orange Juice or Grapefruit Juice 2.⁹⁵

Apple, Cranberry, Pineapple, V8, Tomato Juices 2.⁹⁵

Starbucks Coffee, Decaf 3.⁹⁵

Hot Tea 2.⁷⁵

Strawberry-Banana Smoothie 3.⁹⁵

Milk, Chocolate Milk or Hot Chocolate 2.⁷⁵

Cappuccino or Café Latte 4.⁹⁵

Bacon, Sausage or Canadian Bacon 2.⁹⁵

Cold Cereal Garnished with Fresh Fruit 5.²⁵

Maple-Yogurt Parfait 5.²⁵

Toast, Bagel or English Muffin 2.⁷⁵

Maple Pepper Bacon 3.²⁵

Hash Brown Potatoes 2.⁵⁰

Oatmeal with Raisins and Brown Sugar 4.⁵⁰