

MORNING

FAST & FRESH

**APPLE CINNAMON OR
CLASSIC OATMEAL** 280 cal. 6.95
dried fruit, nuts

BREAKFAST CEREAL 110-280 cal. 5.95
with whole fruit

ASSORTED BAKED GOODS 410-470 cal. 3.95
lemon pound cake, muffins, coffee cake

ASSORTED BAGELS 425 cal. 3.95
whole grain, plain, cinnamon raisin
with cream cheese / butter

GRANOLA YOGURT PARFAIT 330 cal. 4.95

BAKED GOOD & FRUIT BOWL 60 cal. 7.95
choice of any baked good

FRUIT & BERRY CUP 120 cal. 5.95
fresh mint

SANDWICHES

SOHO SANDWICH 840 cal. 10.95
bacon, scrambled egg, white cheese,
and arugula on croissant bun

BALANCED START 440 cal. 10.95
turkey, scrambled egg whites, arugula,
diced tomato, white cheese on brioche bun

HAM, EGG & CHEDDAR 470 cal. 10.95
ham, scrambled egg, pepper jack cheese,
with caramelized onions on brioche bun

EGG WHITE FRITTATA WRAP 280 cal. 10.95
egg whites, spinach, feta cheese and
tomatoes inside a whole wheat wrap

MORNING BREAK 480 cal. 10.95
sausage, scrambled egg, cheddar
cheese, chipotle sauce on english muffin

**consuming raw or under-cooked meats, poultry, seafood,
shellfish or eggs may increase your risk of foodborne illness*

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