

## BREAKFAST

### All American Legal Breakfast\* 10.95

3 eggs cooked to any style, bacon, brioche toast and home fries

691 cal, 19 sat fat, 3 trans fat, 826 mg sodium, 30 carb

### Egg Sandwich or Wrap 7.95

scrambled eggs with Monterey Jack cheese on choice of a bagel, brioche toast or tortilla

495-803 cal, 18-23 sat fat, 0 trans fat, 613-1325 mg sodium, 38-52 carb

add any or all of the following .50 each 10-66 cal, 0 sat fat, 0 trans fat, 2-61 mg sodium, 2-6 carb

roasted red peppers ✧ onions ✧ tomato ✧ avocado

applewood smoked bacon 1.00 95 cal, 3 sat fat, 0 trans fat, 378 mg sodium, 0 carb

### The Omelet Experience

#### Basic 10.95

3 eggs with Monterey Jack cheese, home fries, applewood smoked bacon and brioche toast

1085 cal, 28 sat fat, 3 trans fat, 1723 mg sodium, 80 carb

#### Not-So Basic

add any or all of the following .50 each 110-66 cal, 0 sat fat, 0 trans fat, 2-61 mg sodium, 2-6 carb

roasted red peppers ✧ onions ✧ tomato ✧ avocado

applewood smoked bacon 1.00 95 cal, 3 sat fat, 0 trans fat, 378 mg sodium, 0 carb

smoked salmon\* 5.00 55 cal, 0 sat fat, 0 trans fat, 263 mg sodium, 0 carb

crabmeat 6.00 66 cal, 0 sat fat, 0 trans fat, 213 mg sodium, 0 carb

### French Toast 8.95

Challah bread with maple syrup 1064 cal, 20 sat fat, 0 trans fat, 746 mg sodium, 141 carb

### Steel Cut Oats 6.95

brown sugar and pecans 538 cal, 10 sat fat, 0 trans fat, 34 mg sodium, 57 carb

### Fruit & Yogurt Parfait 7.95

Greek yogurt, honey, fresh fruit 240 cal, 4.5 sat fat, 0 trans fat, 45 mg sodium, 39 carb

### Smoked Salmon and Toasted Bagel\* 9.95

with cream cheese 798 cal, 14 sat fat, 0 trans fat, 1767 mg sodium, 73 carb

Home Fries 3.00 187 cal, 1 sat fat, 3 trans fat, 20 mg sodium, 28 carb

Brioche Toast 2.00 334 cal, 6 sat fat, 0 trans fat, 714 mg sodium, 51 carb

Wheat Toast 2.00 220 cal, 1 sat fat, 0 trans fat, 300 mg sodium, 40 carb

Rye Toast 2.00 166 cal, 0 sat fat, 0 trans fat, 422 mg sodium, 31 carb

English Muffin 2.00 120 cal, 0 sat fat, 0 trans fat, 200 mg sodium, 25 carb

Bagel with Cream Cheese 3.00 385 cal, 12 sat fat, 0 trans fat, 500 mg sodium, 38 carb

Applewood Smoked Bacon 4.00 142 cal, 5 sat fat, 0 trans fat, 567 mg sodium, 0 carb

Breakfast Sausage 4.00 510 cal, 18 sat fat, 0 trans fat, 580 mg sodium, 4 carb

### Coffee 3.50

Juice: Grapefruit, Cranberry, Tomato or Pineapple 2.95, Orange 3.50

45-163 cal, 0 sat fat, 0 trans fat, 0-750 mg sodium, 10-41 carb

## BREAKFAST COCKTAILS

**Bloody Mary** 9.00 vodka, world famous LSF Bloody Mary mix! 140 cal, 0 sat fat, 0 trans fat, 447 mg sodium, 7 carb

**Mimosa** 11.00 sparkling wine, orange juice 112 cal, 0 sat fat, 0 trans fat, 4 mg sodium, 8 carb

**Bellini** 11.00 sparkling wine, peach liqueur, peach purée 101 cal, 0 sat fat, 0 trans fat, 1 mg sodium, 17 carb

**Screwdriver** 8.00 orange juice, vodka 170 cal, 0 sat fat, 0 trans fat, 7 mg sodium, 5 carb

**Greyhound** 8.00 grapefruit juice, vodka 160 cal, 0 sat fat, 0 trans fat, 0 mg sodium, 12 carb

**Hawaiian Sea Breeze** 8.00 pineapple and cranberry juices, vodka 170 cal, 0 sat fat, 0 trans fat, 10 mg sodium, 18 carb

**Cape Coddler** 8.00 cranberry juice, vodka 130 cal, 0 sat fat, 0 trans fat, 15 mg sodium, 10 carb

Please note: Before placing your order, please inform your server if a person in your party has a food allergy. \*Served raw or undercooked, or contains (or may contain) raw or undercooked ingredients. Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions. Allergen, ingredient and calorie information available upon request.