

All American Legal Breakfast 9.95

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 7.00

scrambled eggs with 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 9.95

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 7.95

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

Steel Cut Oats 4.95

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 8.95

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 3.25

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. *Consuming raw or undercooked meat, fish, shellfish, poultry or eggs can increase your chances for a foodborne illness. More information for alternative choices is available upon request.