



## Sample Menu

All of our ingredients are locally sourced, as organic and sustainable as possible and cooked fresh every day. We offer an extensive menu for a B&B and change menu components daily so you have a good variety. Some items remain on the menu all the time due to their popularity!

### Starters

**Fresh Cut Fruit & Glazed Blueberry Streusel Muffins**  
**Juices today \*Orange\* Mango, Guava & Peach \*V8**

### Main Course

**Organic Giant Eggs we will cook any way, Bacon or Sausage**  
**w/ Rye, Wheat, or 12 Grain Toast**

OR

### Omelet Choices

(You also have the option of "Whites Only" eggs or omelets)

**Chevre' (Goat Cheese) and Pesto "or"**  
**Four Cheese (Mozzarella, Provolone, Cheddar & Feta) "or"**  
**\*Bacon, Cheddar and Fresh Avocado**

### Other Options

**Pancakes**

**Plain or Fresh Blueberry or Pumpkin w/ Glazed Walnuts**

**We also offer homemade Granola served with Fresh Fruit,**  
**Soy Milk or Yogurt**