



# BREAKFAST

SERVED MONDAY-FRIDAY 8AM-3:30PM

# LUNCH

SERVED MONDAY-FRIDAY 11:30AM-3:30PM

## FRUITY BEGINNINGS

**FOUR FLOWERS JUICE**  
orange, fresh pineapple,  
banana & pomegranate juice **8.25**

**FRESH COLD PRESSED ORANGE OR GRAPEFRUIT JUICE 8.25**

**MORNING FRUIT BOWL**  
grapefruit & orange sections,  
sliced banana & strawberries **10.5**

**BERRY BOWL**  
blackberry, raspberry,  
blueberry **13**

## STEELCUT OATS & GRANOLA 9

*Oatmeal served until 11:30am*

**STRAWBERRY & BANANA**

**CARAMELIZED APPLE & BROWN SUGAR**  
raisins

**CHIA & BLACKBERRY**  
pomegranate molasses

**MORNING CRUNCH**  
freshly roasted granola, strawberries,  
bananas, raisins, honey,  
choice of milk or organic yogurt

## SWEET BREAKFAST 18.5

*Organic Maple Syrup*

**FAT & FLUFFY FRENCH TOAST**  
strawberries

**LEMON & RICOTTA PANCAKES**  
strawberries

**COCONUT WAFFLE**  
pineapple, mango, rum butter

**BUTTERMILK PANCAKES**  
strawberries

## SIDES

**THREE-PEPPER HOME FRIES 8.25**

**APPLEWOOD SMOKED BACON 8.75**

**CHICKEN & APPLE SAUSAGE 8.75**  
chunky apple butter

**PORK & APRICOT SAUSAGE 8.75**  
orange-apricot jam

**FRENCH FRIES 7.25**

**BASKET OF MUFFINS 15**

## EXTRAORDINARY EGGS & OMELETTES

*Choice of Muffin (English, Corn, Bran, Banana, Pumpkin, Berry Corn) Croissant, Scone or Toast & Preserves*

**GREEN & WHITE EGGS**  
scrambled eggs, scallions,  
cream cheese **16.5**

**GOLDIE LOX**  
scrambled eggs, smoked salmon,  
cream cheese **18.5**

**BRAISED SHORT RIB HASH**  
sunnyside up eggs, poblanos,  
tomatillo salsa **20**

**POPEYE EGGS\***  
scrambled eggs, English muffin,  
country ham, sautéed spinach,  
marinated tomatoes **17.5**

**VEGETABLE FRITTATA**  
mushrooms, peppers,  
scallion, gruyère **16.5**

**BABY KALE SALAD & EGGS\***  
cheddar cheese, garden vegetables,  
smoked almonds, artisanal bread **17.5**

**THE RED OMELETTE**  
chunky red pepper & tomato sauce,  
cheddar, sour cream, chives **17.5**

**FARMER'S OMELETTE**  
leeks, ham, potato, gruyère **17.5**

**SPINACH & GOAT CHEESE OMELETTE 17.5**

**CHEESE OMELETTE**  
gruyère or white cheddar **15**

**SUNNYSIDE UP, CODDLED, SCRAMBLED EGGS OR PLAIN OMELETTE 12.5**

*Egg whites +2.75*

*\*Not served with an additional muffin*

## APPETIZERS

**VELVETY CREAM OF TOMATO SOUP 13.5**

**DAILY MARKET SOUPS**  
chef's specialty **13.5**

**CRABMEAT GUACAMOLE & CHIPS**  
cilantro, lime juice, jalapeño **16.5**

**AVOCADO & BURRATA TOAST**  
petite greens, espelette **16.5**

**TUSCAN KALE SALAD**  
grilled plum, mint,  
sherry shallot vinaigrette,  
goat cheese croquette **14.5**

**DEVILLED EGGS**  
Dijon, capers, dill **12**

## EGGS BENEDICT

*English muffin, hollandaise, peppers, chives, mixed greens*

**CLASSIC EGGS BENEDICT\***  
Canadian bacon **19.5**

**SALMON EGGS BENEDICT\***  
smoked salmon **20.5**

**CRABCAKE EGGS BENEDICT\***  
lump crabcakes **24.75**

## ENTRÉES

**CAESAR SALAD**  
romaine, parmesan, anchovy dressing, brioche croutons **16**  
add grilled chicken breast **5.5**  
add grilled salmon **8**

**ROASTED CHICKEN SALAD**  
market vegetables, endive, walnut vinaigrette **20.5**

**POACHED ORGANIC SALMON COBB SALAD**  
asparagus, romaine, roasted corn, cracked wheat, egg, tomato,  
buttermilk-herb vinaigrette **22.5**

**MAINE LOBSTER ROLL**  
cole slaw, house made potato chips **28**

**FREE-RANGE CHICKEN POT PIE**  
pearl onions, baby carrots, potatoes, green peas, puff pastry top **22.5**

**CRAB SPAGHETTINI**  
jumbo lump crab meat, arugula, fresh basil, oven roasted tomatoes **24.5**

**CEDAR RIVER SKIRT STEAK FRITES**  
bèarnaise, truffle fries **28.5**

**ONE GREAT BURGER**  
turkey or sirloin, guacamole, French fries,  
Sir Kensington's ketchup **19**

**JUMBO LUMP CRAB CAKE SANDWICH**  
frisée salad, baby arugula, apples, house made potato chips **25.5**

**NEW CLASSIC CLUB SANDWICH**  
turkey breast, fresh mozzarella, Virginia ham, lettuce, tomato, cole slaw **18**

**ADULT GRILLED CHEESE**  
manchego, gruyère, cheddar, pretzel bread, velvety cream of tomato soup **18.5**

**FISH & CHIPS**  
Chatham cod, cole slaw, tartar sauce **23**

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**UNLIMITED BOTTLED WATER**  
*Still or Sparkling \$3 per person*