

# Breakfast

## Bonneville Omelet 11.95

Two Eggs Filled with Asparagus Tips, Andouille Sausage, Wild Mushrooms, Herbs and Topped with Dill Havarti Cheese. Served with Toast and Choice of Potato Cakes or Organic Quinoa {432 calories 10.2g carbs, 26.2g protein }

## Hot Springs Frittata 11.50

Sautéed Organic Baby Spinach and Roasted Red Pepper with Monteneure Goat Cheese folded into Fresh Eggs and Baked Served with Toast and Choice of Potato Cakes or Organic Quinoa {397 calories, 37.7g carbs 8.5g protein }

## Neptune Benedict 13.95

Multigrain English Muffin Topped with Dungeness Crab Cakes, Poached Eggs, Herbed Hollandaise Sauce and Caramelized Walla Walla Sweet Onions Served with Choice of Potato Cakes or Organic Quinoa {507 calories, 33.8g carbs, 34.1g protein}

## Breakfast Croissant 9.75

Thinly Sliced Prosciutto and Scrambled Eggs Topped with Organic Baby Spinach, Tomatoes, Basil and Smoked Gouda Cheese on a Buttery Croissant Served with Choice of Potato Cakes or Organic Quinoa {475 calories, 14.4g carbs, 22.6g protein}

## Table Top Breakfast 9.95

Choice of Bacon, Apple Chicken Link Sausage or Vegan Sausage and Two Eggs Served with Toast and Choice of Potato Cakes or Organic Quinoa {415 calories, 32g carbs, 14.3g protein}

### Beverages

Coffee	3.00	Assorted Juices	3.50
Organic Hot Tea	3.00	Orange, Cranberry, Tomato, Apple	
Milk	2.00	Hot Chocolate	2.00

Espresso Drinks Available Upon Request

For parties of six or more we are unable to accommodate separate checks and an 18% gratuity will be added to the final bill

**Vegan Hash** 9.25

Vegan Sausage Sautéed with Green Peppers, Mushrooms and Onions

Served over Organic Quinoa with a side of Toast [320 calories, 48g carbs, 12g protein]

**Salem Blueberry Pancakes** 8.75

Two Buttermilk Pancakes mixed with Organic Salem Blueberries

Served with Warm House Made Wild Berry Syrup [383 calories, 49.3g carbs, 5.1g protein]

Add Choice of Meat and Two Eggs 11.95 [563 calories, 49.7g carbs, 11.4g protein]

**Cheese Blintzes** 11.50

Two Cheese Blintzes Topped with Organic Raspberry Sauce and Fresh Berries

Served with Choice of Potato Cakes or Organic Quinoa [160 calories, 26g carbs, 12g protein]

**Baked Washington Apple** 8.50

Caramelized Granny Smith Apple Served over Bob's Red Mill Organic Steel Cut Oats

Topped with Toasted Almonds, Organic Blueberries and Vanilla Soy Crème

[502 calories 77.5g carbs 14.4g protein]

**House Made Granola Parfait** 8.50

Toasted Oats and Mixed Nuts Served with Low-Fat Organic Yogurt and Fresh Berries

[780 calories 105g carbs 24.2g protein]

Side Orders Available upon Request.

Substitutions: Egg Whites or Egg Beaters on any Egg Dishes  
Turkey Bacon or Vegan Sausage for Meat Orders  
Fresh Fruit for Potatoes & Toast

**Cocktails**

Bonneville Bloody Mary 7.50

Sparkling Navel 8.00

Champagne, Peach Schnapps & Orange Juice

Marion Berry Madras 7.50

Infused Vodka with Orange & Cranberry Juice

Champagne 7.00

Pom Pom 7.50

Champagne & Pomegranate Juice

Mimosa 7.50

Champagne & Orange Juice