coffee and more **Juice** 8 custom combination of any of the following shaken: orange, grapefruit, carrot, tomato, apple, cranberry, pineapple and pomegranate Coffee & Tea French press 8 Regular or Decaf Coffee 5 Tea 5 Latte or Cappuccino 6 Single Espresso/Double Espresso 4/7 Fiji or Pellegrino water 500ml/1liter 6/9 Milk: whole, 2%, skim or soy **Bakery Items** Bagel & Cream Cheese 6 whole wheat, onion, sesame, plain 5 Muffins: blueberry, bran-berry, banana, chocolate chip Croissant: plain or chocolate 5/6 Danish: raspberry, pecan, cheese, apple, hazelnut 5 **Sides** fig & black pepper turkey sausage 8 bacon chicken, pork sausage 7 griddled ham 6 seasonal fruit 8 seasonal berries 11 plain yogurt 5 avocado 5 grilled asparagus 9

local flavors		
	Eggs & Specialties	
	Huevos Rancheros two-eggs over easy, black beans, rice, pico de gallo, jalapeños, corn tortillas	16
	Breakfast Burrito scrambled eggs, chorizo, potatoes, chile, cheddar cheese, guacamole, sour cream, tomatillo salsa	18
	Machaca shredded beef, scrambled eggs, onions, peppers, breakfast potatoes, flour tortillas	18
	California Scramble smoked salmon, onions, parsley, cream cheese	18
	Two Eggs Any Style yukon gold potatoes, choice of toast	14
	choice of: bacon, sausage or ham	18
	Omelet-Choice of Three tomatoes, onions, peppers, mushrooms, spinach, bacon, ham, swiss and cheddar cheese	17
	Panini eggs, avocado, bacon, white cheddar, sour dough	17
	Tomato & Spinach Benedict poached eggs, heirloom tomatoes, wilted spinach, hollandaise, english muffin	16
	Traditional Eggs Benedict Canadian bacon, poached eggs, hollandaise, english muffin	18
	Griddled Options	
	Buttermilk Pancakes strawberries, maple syrup, powdered sugar	15
	French Toast strawberries, maple syrup, powdered sugar, egg bread	15
	Banana Pancakes papaya sauce, macadamia butter	17
	Belgian Waffle berry compote, maple syrup, powdered sugar	15

heart healthy	
Mindful Choices	
Power Smoothie nonfat yogurt, acai, blueberries, banana, soy milk, protein burst, organic agave syrup	8
Loews Smoothie oranges, strawberries, bananas	8
Egg White and Seafood Omelet egg whites, shrimp, lump crab, tomatoes, onions, cheddar cheese	22
Smoked Salmon toasted bagel, cream cheese, capers, red onion, slivered egg, tomato	19
Market Fruit Plate highlighting the season's best from our local market	16 ets
Veggie Scramble eggs, broccoli, mushrooms, onions, goat cheese, grilled asparagus, oven roasted tomato	16
Irish Oatmeal milk, brown sugar, golden raisins	11
House-Made Granola vanilla yogurt, bananas, berry marmalade	11
Cereals cheerios, raisin bran, granola, corn flakes, frosted flakes, special k, mueslix, kashi	7
*Consuming raw or undercooked meats, poultry, shellfish or eggs may increase your risk of foodborne illness	I

BREAKFAST AT LOEWS