



## Breakfast at the Bar

FRESH SQUEEZED ORANGE OR GRAPEFRUIT JUICE	4.
CRANBERRY, TOMATO OR V8	3.
HOT CHOCOLATE, WHOLE, LOW FAT, ALMOND OR SOY MILK	3.
FRESHLY BREWED COFFEE & DECAF COFFEE, SELECT HERBAL TEAS	4.
CAPPUCCINO, CAFÉ AU LAIT OR CAFÉ LATTE	4.
ESPRESSO	3.
CHEF CHRISTIAN BRICHER MUESLI	9.
<i>Oats with Fresh Fruit, Nuts, Raisins, Non-Fat Yogurt &amp; Fresh Berries (336 calories, 9 gr. protein, 8.5 gr. fat, 60 gr. carb.)</i>	
EGG WHITE OMELETTE WITH VEGETABLES, FRESH FRUIT SALAD	12.
<i>(109 Calories, 14 gr. protein, 1 gr. fat, 2 gr. carb)</i>	
THE ROWER'S BREAKFAST	13.
<i>"Rowers should work toward eating food that acts like premium fuel such as oatmeal with dried fruit and nuts, whole grain cold cereals with milk, or whole grain breads and waffles topped with nut butter" (USRowing.org)</i>	
<i>Bowl of Bricher-Muesli with ½ Brussel Waffle</i>	
BRUSSEL BELGIUM WAFFLE	11.
<i>Served with Fresh Mixed Berries &amp; Whipped Cream</i>	
FRENCH TOAST WITH APPLE PECAN BUTTER	9.
<i>Your Choice of Brioche Bread or Cinnamon-Raisin Swirls</i>	
TRADITIONAL CYC SAILOR'S BREAKFAST	10.
<i>Two Eggs any Style, Choice of Bacon or Link Sausage, Toast &amp; Hash Browns</i>	
HUEVOS RANCHEROS	12.
<i>Corn Tortilla Topped Refried Bean, Fried Egg, Mexican Salsa, Queso Fresco &amp; Avocado</i>	
SKILLET CORN BEEF HASH	14.
<i>Topped with Poached Egg, Asparagus &amp; Hollandaise Sauce,</i>	
BREAKFAST BURRITO	14.
<i>Scrambled Eggs with Quinoa, Sliced Prime Rib, Cheddar Cheese, Potatoes &amp; Avocados</i>	
6 OZ. NEW YORK SIRLOIN STEAK & EGGS	18.
<i>Served with Country Style Potatoes</i>	
FRESH GRAPEFRUIT, MELON OR PAPAYA	6.
HAM, CANADIAN OR SMOKED BACON, LINK OR CHICKEN SAUSAGE	5.
HASH BROWN	3.
ORGANIC PLAIN OR BLUEBERRY YOGURT	5.