



Breakfast

ORANGE JUICE 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'S MUESLI	9.
<i>Oats with Fresh Fruit, Nuts, Raisins, Non-Fat Yogurt & 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>	
MAKE YOUR "OWN" OMELETTE	12.
<i>(Choice of: Ham, Tomato, Cheddar, Swiss, Asparagus Tip, Spinach, Peppers, Mushroom)</i>	
BRUSSEL BELGIUM WAFFLE	11.
<i>Served with Fresh Mixed Berries & 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 & Hash Browns</i>	
HUEVOS RANCHEROS	12.
<i>Corn Tortilla Topped Refried Bean, Fried Egg, Mexican Salsa, Queso Fresco & Avocado</i>	
TRADITIONAL EGGS BENEDICT	12.
<i>Topped with Canadian Bacon, Poached Eggs & Hollandaise Sauce</i>	
BREAKFAST BURRITO	14.
<i>Scrambled Eggs with Quinoa, Sliced Prime Rib, Cheddar Cheese, Potatoes & 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.