



Breakfast Menu

Smoothies

Strawberry-Banana \$9.00

banana, strawberry, orange

Outrageously Blue \$9.00

blueberry, banana, pineapple

Protein Punch \$9.00

skim milk, chocolate, banana, whey protein

Blue Pomegranate \$9.00

blueberry, pomegranate, agave

Green Health \$9.00

kale, grapes, cashew milk

Juices

Freshly squeezed

Arise	\$8.00
orange, raspberry	
Power Drive	\$8.00
orange, carrot, ginger	
Green Energy	\$8.00
spinach, parsley, celery	
Carrot	\$8.00
Orange / Grapefruit	\$8.00
Quick & Light	
Seasonal Fruit	\$13.00
seasonal fruit selection	
Bowl of Berries	\$14.00
strawberry, raspberry, blueberry, blackberry	
Greek Yogurt Muesli	\$13.00
honey oats, mixed berries, toasted almonds	
Yogurt	\$6.00
plain, vanilla, strawberry, raspberry, blueberry	

Blue Fin Granola \$13.00

nuts, seeds, fresh berries

New York Bagel \$6.00

plain, sesame, everything, cinnamon-raisin, poppy seed

Freshly Baked Croissant Plain - \$5.00
Chocolate - \$5.50

Bakery Basket \$13.00

freshly baked: scone, muffin, croissant, pain au chocolat, butter & jams

Cereal Selection \$9.00

cornflakes, cheerios, rice krispies, bran flakes, raisin bran, shredded wheat, frosted flakes, special k, honey nut cheerios

Eggs & Classics

We proudly serve Sullivan County Free Range Eggs

Two Eggs Any Style \$15.00

roasted potatoes

Brooklyn Smoked Salmon* Platter \$22.00

choice of bagel, cream cheese, tomato, lettuce, onions

Farmer's Market Egg White Omelette \$20.00

turkey bacon, market vegetables, low-fat cheese

Avocado Toast with Poached Eggs	\$21.00
country bread, market green salad, sea salt	
Classic Eggs* Benedict	\$19.00
canadian bacon, hollandaise sauce*	
Breakfast Sandwich	\$19.00
fried eggs*, american cheese, crispy bacon, organic wheat roll	
Steel-Cut Oatmeal	\$14.00
cranberry & apple compote	
Belgian Waffles	\$17.00
fresh berries, whipped cream	
Buttermilk Pancakes	\$17.00
lemon ricotta, berries, catskill mountain organic maple syrup	
Raisin Pecan French Toast	\$17.00
poached pears, mascarpone	
Burrata & Brooklyn Smoked Salmon Bowl	\$24.00
eggs*, avocado, cauliflower panzenella salad	
"Huevos Rancheros" Bowl	\$21.00
poached eggs*, corn tortilla, chorizo & beans, avocado, romaine, salsa verde	

Create Your Own Omelette

\$19.00

Whole eggs or egg whites, choose three ingredients, served with roasted potatoes.
Ingredients: Cheddar, American, Feta, Low-Fat Muenster, Sausage, Spinach, Peppers, Onions, Tomato, Kale, Avocado, Mushrooms, Bacon

Sides

Applewood Smoked Bacon

\$8.00

Pork Link Sausage

\$8.00

Turkey Bacon

\$8.00

Black Forest Ham

\$8.00

Sliced Avocado

\$8.00

Toast

\$5.00