

SPOONBREAD

RESTAURANT

Breakfast 6:30am -10:00am

EAT WELL ^(EW)

Our Chef has crafted these delicious dishes with your well-being in mind, giving you the freedom to choose when it comes to portion size, nutritional balance and quality of ingredients.

POINSETT BUFFET*

Scrambled eggs, link sausage, crispy bacon, Southern grits, potatoes, pancakes, seasonal fruit and berries, cereals, Granola parfaits, pastries and local breads, preserves and cold cuts and cheese; freshly brewed coffee and orange juice \$24.50

CONTINENTAL BREAKFAST

Seasonal fruit plate, yogurt, pastries, toast or English Muffin, butter and preserves; with freshly brewed coffee and orange juice \$17.50

EGGS BENEDICT

Two poached eggs, griddled Canadian bacon, English muffin, topped with classic hollandaise. Served with choice of breakfast potatoes or grits \$14.00

SEARED SALMON with CAGE FREE EGGS*

Grilled Atlantic salmon with two poached eggs, asparagus, roasted tomato and mixed greens salad \$15.00 GF ^(EW)

EGG WHITE OMELET*

Egg whites with spinach, sautéed onions and low-fat cheddar, served with a mixed greens salad \$13.00 GF ^(EW)

COLD CEREALS

Homemade Granola, Raisin Bran, Corn Flakes, or Cheerios \$5.50 ^(EW)
*add berries or bananas \$3.00

HEARTY OATMEAL

With blueberries; brown sugar, raisins and walnuts on request \$6.50 GF ^(EW)

BREADS & PASTRIES

Served with butter and fruit preserves
(Gluten Free Bread Available)
Fresh baked pastries or muffins \$4.25
Toasted English Muffin \$2.75
Bagel with Cream Cheese \$4.25
Bagel, Lox and Cream Cheese \$8.50
Buttermilk Biscuit or Toast \$3.25

SPOONBREAD BREAKFAST*

Two eggs made to order with a choice of bacon, sausage or country ham, served with breakfast potatoes or grits, and toast or English muffin with butter and preserves \$15.75

CREATE YOUR OWN OMELET*

Ham, bacon, green peppers, onions, mushrooms, Cheddar Cheese, served with breakfast potatoes or grits, and toast or English muffin with butter and preserves \$13.00

YOGURT GRANOLA PANCAKES

Homemade pancakes made with yogurt and granola, topped with blueberries and pure Maple syrup \$10.50 ^(EW)

SOUTHERN WAFFLES

Malted waffle with/or without Maple Syrup. Your choice of a plain waffle, or a waffle with pecans, or a waffle with a berry compote and whipped cream \$10.50

QUICHE OF THE DAY

Freshly prepared seasonal Quiche of the Day served with a fresh mixed greens and roasted tomato salad \$13.00

SIDE ORDERS

Bacon, Country Cured Ham \$4.25
Turkey or Link Sausages \$4.25
Crispy Home Fries \$3.00
Grilled asparagus or sautéed spinach \$5.00 ^(EW)

FRUITS, JUICES & YOGURTS ^(EW)

Fresh Orange and Grapefruit Juice \$4.00
Tomato, V8, apple or cranberry juice \$3.25
Yogurts and low-fat yogurts \$4.25
Fruit Plate (pineapple, cantaloupe and berries) \$6.50

BEVERAGES

Freshly brewed Starbucks coffee;
regular or decaf \$3.00
Espresso \$3.25
Tazo Teas: regular or decaffeinated \$3.50
Milk selection's - Skim, Whole, Oat or Almond \$3.00

*Please see your server for any allergies or dietary needs. Consuming raw or undercooked meats, poultry, seafood or shell may increase your risk of Food borne illness, especially if you have certain medical conditions.

^(EW) -denotes healthier choice to help you eat well

GF: Denotes Gluten Free Item; Gluten Free breads available upon request

Our eggs are fresh, free-range & local from Happy Hills Farm