



BAY FRONT BREAKFAST

GRILLE

⚓ ENERGIZE

Brown Sugar and Berries Oatmeal \$8 ^{VG, GF}

Fresh berry compote

Cereal Favorites with Fruit \$8.5 ^V

Seasonal berries or sliced banana

BFG Classic Smoothie \$7 ^{V, GF}

Blended with banana, strawberry, pineapple, orange, low-fat yogurt

Greek Yogurt with Market Berries \$9 ^{V, GF}

⚓ FEEL GREAT

American Breakfast \$16

Two eggs your way, breakfast potatoes, your choice of meat, buttered toast

Egg White Frittata \$16

Spinach, oven roasted tomato, mushroom, onion, red pepper, garlic, turkey sausage, dry wheat toast

Caramel Apple Pancakes \$14 ^V

Apple infused cakes, Dulce de Leche whipped cream layers, oat streusel topping

Blueberry Lemon French Toast \$14

Lemon zest cream cheese, house blueberry syrup, fresh blueberries

Chef's Omelet \$15 ^{GF}

Three eggs, ham, onions, cheddar, Swiss with breakfast potatoes, buttered toast

Chicken and Waffles \$13

Fried chicken tenderloins, homemade Belgian waffle, Cajun style syrup

Chorizo Breakfast Bowl \$14

Cajun breakfast potatoes, onion, red pepper, chorizo, two over easy eggs, signature breakfast sauce, scallions

⚓ ON THE SIDE

Toasted Bagel with Cream Cheese \$4.5

Plain, cinnamon, or blueberry

Breakfast Pastry or Specialty Bread \$4

Croissant, assorted Danish, assorted muffins, English muffin, or gluten-free bread

Toast & Jam \$2.5

White, wheat, or rye

Smoked Bacon, Breakfast Links, or Grilled Ham, Turkey Sausage \$4.5

Breakfast Potatoes \$5

⚓ WE'LL FILL YOUR CUP

Fresh-Brewed Starbucks Coffee or

TAZO® Hot Tea \$3.5

Regular or decaffeinated

Juice \$4

Orange, grapefruit, apple, cranberry, pineapple, or tomato

Milk \$2.5

Non-fat, 2%, whole, soy, or chocolate

We pride ourselves in providing gluten friendly menu choices. While we endeavor to carefully prepare those meals to accommodate a gluten free diet, please be aware that they may be prepared in an environment where gluten is present. Please ask your server to assist you in making your selection. Please consult your physician as to your personal health decisions.

V=vegetarian VG=vegan GF= gluten free

**Consuming raw or undercooked meat, seafood, or eggs may increase your risk of food borne illness*