

# BISTRO

## Good Morning . . .

### *Morning Starters*

- Assorted Dry Cereals \$5.85
- Steel Cut Oatmeal with Skim Milk \$6.00  
\* 230 Cal, 2g F, 13g P, 38g C
- Freshly Baked Granola \$6.25
- Lowfat Yogurt \$6.75
- Lowfat Yogurt with Fresh Fruit and Berries \$10.75
- Seasonal Melon or Fresh Fruit Salad \$8.25
- Ruby Red Grapefruit \$6.00
- Assortment of Fresh Seasonal Berries \$11.00
- Swiss Bircher Muesli  
with Bananas, Apples, and Dried Fruit,  
made with Skim Milk  
and served with a Lowfat Bran Muffin \$11.50  
\* 498 Cal, 5.4g F, 45.7g P, 100.3g C

### *Eggs*

- Served with Breakfast Potatoes  
and Choice of Toast  
(Egg Whites and Egg Beaters Available)
- Classic American Breakfast  
with Two Eggs Any Style  
with Choice of Breakfast Meat, Juice  
and Regular or Decaffeinated Coffee \$14.50
- Two Eggs, Any Style \$8.50
- Three Egg Omelette, Made to Order,  
Choice of Fillings \$12.00
- Adolphus Healthy Omelet  
Egg Whites, Tomatoes, Spinach, Onions  
Bell Peppers, Low Fat Cheddar Cheese  
Served with Mixed Fresh Fruit  
\* 230 Cal, 11g F, 20g P, 12g C

### *Pancakes and Waffles*

- Buttermilk Pancakes \$10.00  
with Fresh Seasonal Berries \$12.50
- Brioche French Toast  
with a Seasonal Fruit Compote \$12.25
- Belgian Waffle  
with Whipped Cream and Powdered Sugar \$10.00  
with Fresh Seasonal Berries \$12.50

### *Beverages*

- Freshly Squeezed Orange  
and Grapefruit Juice \$4.00
- Cranberry, Pineapple, Prune, Tomato,  
V-8 Juice, or Apple Juice \$4.00
- Skim, Whole, or 2% Milk \$4.00
- Assorted Teas \$3.75

### *Adolphus Specials*

- Classic Eggs Benedict \$12.50
- Crabmeat Benedict  
with Chipotle Hollandaise \$19.00
- Corned Beef Hash  
with Poached Eggs  
and Mustard Hollandaise \$12.50
- Huevos Rancheros  
Two Eggs Sunny-side up with  
Black Bean Puree, Avocado, Sour Cream,  
Pepper Jack Cheese, Chorizo,  
Corn Tortillas and Ranch Sauce \$12.00
- Texas Scramble  
with Chorizo, Tomatoes, Cheddar Cheese,  
Onions and Flour Tortillas \$12.00
- Smoked Salmon  
and Toasted Bagel with Cream Cheese,  
Red Onion, Tomatoes and Capers \$17.00

### *The Continental*

- Choice of Juice or a Cup of Fresh Fruit,  
a Selection from the Bakery  
and Regular or Decaffeinated Coffee,  
Tea or Milk \$10.50

### *From the Bakery*

- Croissants or Danish Pastries \$5.50
- Cinnamon Roll with a  
Cream Cheese Frosting \$5.50
- Blueberry or Cranberry Muffins \$5.50
- Lowfat Bran Muffins \$5.50  
\* 123 Cal, .9g F, 3.7g P, 28.3g C
- Bagel with Cream Cheese \$5.50
- Choice of Toast or an English Muffin \$5.00

### *Accompaniments*

- Bacon, Link Sausage, or Ham \$5.50
- Chicken and Wild Mushroom  
Sausage (Pork-Free) \$5.50
- Corned Beef Hash \$5.50
- Breakfast Potatoes or Soft Grits \$5.00

- Coffee Blended Especially for The Adolphus  
Regular or Decaffeinated \$3.50
- Espresso \$3.50
- Cappuccino or Café Latte \$4.00
- Café Mocha \$4.50