

BREAKFAST MENU

THE WATERS

Waffle **G D E** \$6.00

Malted waffle with whipped butter and maple syrup

Calories 662, Carb 93g, Protein 11g, Sodium 819mg

1/2 Waffle **G D E** \$4.00

Calories 331, Carb 46g, Protein 5g, Sodium 409mg

Apple Cranberry Compote \$2.00

Calories 192, Carbs 39g, Protein 1g, Sodium 108mg

Buttermilk Pancakes **G D E** \$7.50

Malted pancakes, whipped butter and maple syrup. 3 cake full-stack

Calories 387, Carb 75g, Protein 7g, Sodium 813mg

2 cake half-stack **G D E** \$5.00

Calories 167, Carb 33g, Protein 4g, Sodium 492mg

Apple Cranberry Compote \$2.00

Calories 192, Carbs 39g, Protein 1g, Sodium 108mg

Farmer's Breakfast **G E** \$8.50

Two free-range eggs cooked your way with toast, hashbrowns and choice of bacon or sausage

Calories 434, Carb 25g, Protein 31g, Sodium 728mg

Oatmeal **D** \$5.50

Old fashioned oatmeal with dried cranberries, brown sugar and milk

Calories 189, Carb 34g, Protein 7g, Sodium 11mg

Omelet **G D E** \$9.50

Two free-range egg omelet created your way with local cheddar cheese, hashbrowns and toast.

Choice of 3 items: tomato, spinach, onions, bell peppers, mushrooms, ham, bacon, turkey or sausage

Calories 574, Carb 30g, Protein 38, Sodium 532mg

French Toast **G D E** \$7.50

Thick cut white bread, whipped egg, vanilla and cinnamon, served with whipped butter and maple syrup

Calories 383, Carb 66g, Protein 14g, Sodium 495mg

Apple Cranberry Compote \$2.00

Calories 192, Carbs 39g, Protein 1g, Sodium 108mg

Rise N Shine **D E** \$4.00

One free-range egg created your way with a slice of toast

Calories 86, Carb 4g, Protein 8g, Sodium 86mg

FIT Breakfast Sandwich **G D E** \$6.50

Egg made your way with local cheddar cheese on an English muffin and served with a side of fresh fruit

Calories 325, Carb 35g, Protein 12g, Sodium 466mg

BREAKFAST SIDES

Two Eggs **D E** \$3.00

Calories 143, Carb 1g, Protein 13g, Sodium 142mg

Bacon \$3.00

Three slices of applewood smoked bacon

Calories 170, Carb 1g, Protein 13g, Sodium 611mg

Sausage Patty or Link \$3.00

Calories 184, Carb 1g, Protein 11g, Sodium 462mg

Hashbrowns **D** \$3.00

Calories 114, Carb 16g, Protein 2g, Sodium 19mg

Toast or English Muffin **G** \$2.00

Specific nutritional information available upon request

House Baked Croissant **G** \$3.00

Calories 311, Carb 35g, Protein 6g, Sodium 358mg

G Contains Gluten **D** Contains Dairy **E** Contains Egg