

PLATES

Protein Smoothie Bowl*

almond butter, berries, bananas,
granola, coconut, choice of two eggs
GF . Veg . Nuts 466 . 48 . 37 . 16 . 8 . 473

Smoked Salmon Plate*

cucumber, red onion, capers, pistachios,
toasted bread, potatoes, choice of two eggs
Nuts 458 . 41 . 30 . 20 . 6 . 748

Breakfast Plate*

choice of two eggs, country potatoes,
bacon or sausage, maitake mushrooms,
kale, English muffin
458 . 48 . 32 . 16 . 8 . 697

Berry Protein Pancakes*

yogurt, macerated berry compote, maple syrup,
pumpkin crunch, choice of two eggs
GF . Veg 480 . 53 . 32 . 18 . 11 . 262

Spiced Granola & Yogurt

oats, nuts, hemp seeds, fresh fruit, cinnamon
GF . Veg . Nuts 483 . 50 . 31 . 20 . 6 . 214

Breakfast Sandwich*

shredded chicken, mozzarella cheese, English muffin,
sweet potato hash, almonds, choice of egg
Nuts 472 . 45 . 30 . 20 . 8 . 677

Italian Frittata*

seasonal vegetables, tofu, tomato sauce,
mozzarella cheese, country potatoes
GF . Veg 393 . 43 . 30 . 12 . 8 . 482

SIDES

Seasonal Fruit

GF . V 59 . 15 . 1 . 1 . 3 . 5

Breakfast Sausage

GF 144 . 3 . 17 . 7 . 1 . 168

Choice of Eggs*

GF . Veg
vegan eggs are also available

Butter, Jam, and Toast

Veg 227 . 41 . 6 . 5 . 4 . 310

Country-Roasted Potatoes

GF . V 67 . 15 . 2 . 1 . 2 . 5

Cinnamon Oatmeal

mixed berries
GF . V 133 . 19 . 8 . 3 . 5 . 5

Daily Sweet Muffin

GF . Veg

DRINKS

Caff  Umbria Coffee

regular and decaf

Seasonal Iced Rishi Tea

Specialty Coffee & Tea Drinks

available upon request

Orange Juice

fresh-squeezed

Grapefruit Juice

fresh-squeezed

Pellegrino Sparkling Water

BREAKFAST



NUTRIENT ANALYSIS

calories . carb grams . protein grams . fat grams . fiber grams . sodium mg

PLEASE INFORM YOUR SERVER IF YOU HAVE ANY FOOD ALLERGIES

GF = Gluten-Free (no wheat, rye, or barley)

DF = Dairy-Free

V = Vegan (contains no animal product. May contain honey.)

Veg = Vegetarian

*Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.



See over 500 recipes
on our Nourish Blog.

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almond butter, blackberries, bananas,
granola, coconut, choice of two eggs
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Apple Walnut Overnight Oats*

oat milk, chia seeds, cinnamon, yogurt,
walnuts, apples, choice of two eggs
GF . Veg . Nuts 474 . 56 . 31 . 17 . 10 . 254

Breakfast Tacos

corn tortillas, bell peppers, onion, beans,
avocado, chorizo-spiced scrambled eggs
GF . Veg 495 . 49 . 30 . 20 . 13 . 244

Bourbon Jam Protein Waffles*

Greek yogurt, candied walnuts,
maple syrup, choice of two eggs
GF . Veg . Nuts 491 . 51 . 32 . 18 . 8 . 287

Spiced Granola & Yogurt

oats, nuts, hemp seeds, fresh fruit, cinnamon
GF . Veg . Nuts 483 . 50 . 31 . 20 . 6 . 214

Breakfast Burrito*

choice of eggs, mozzarella cheese, paprika potatoes,
kale, avocado, spinach tortilla
Veg 494 . 54 . 31 . 20 . 14 . 440

Red Salsa Benedicts*

English muffin, avocado, chicken, cotija cheese,
country potatoes, choice of two eggs
486 . 42 . 40 . 18 . 7 . 313

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