

# Reflect

## Bistro

inside  
**CAMBRIA**  
hotels & suites.

### Benedicts

Served with fresh fruit and maple crème

<b>Classic Michigan</b> ~ Bacon, eggs, focaccia, hollandaise	13
<b>Italian</b> ~ Marinated tomatoes, prosciutto. spinach, eggs, basil, burrata, balsamic hollandaise	15
<b>Lobster</b> ~ Lobster tail, crab cakes, fried green tomatoes, bacon, Old Bay cayenne hollandaise	19
<b>Filet Mignon</b> ~ Filet medallions, eggs, asparagus, focaccia, onion rings, béarnaise	21
<b>Norwegian</b> ~ Salmon lox, spinach, eggs, hollandaise, focaccia	16

### Omelettes and Eggs

Served with potatoes or tomato basil salad, fresh fruit with maple crème, and your choice of focaccia, sour dough, multigrain, rye or English muffin toasted

<b>Filet Mignon and Eggs</b> ~ 5 oz. filet, two eggs (any style), potatoes, toast	21
<b>Classic</b> ~ Two eggs, potatoes, fruit, bacon or sausage, toast	9.50
<b>Egg Whites and Veggies</b> ~ Four egg whites, spinach, asparagus, grilled romaine, tomatoes	12
<b>The Farm</b> ~ Three eggs, cottage bacon, sausage, beef tips, cheddar	14
<b>Mushroom and Swiss</b> ~ Three eggs, morels, shiitakes, oyster, Swiss	12

### Build an Omelette

Choose from the list of ingredients to enjoy personal favorites. Served with potatoes, fresh fruit with maple crème, and your choice of focaccia, sour dough, multigrain, rye or English muffin toasted

Three whole eggs or four egg whites	13
Add three ingredients (listed below)	2
<b>Veggie</b> ~ Asparagus, spinach, peppers, zucchini, tomatoes, onions, mushrooms, arugula, avocado	
<b>Meat</b> ~ Cottage bacon, sausage, filet medallions, salmon lox, beef tips	
<b>Cheese</b> ~ Cheddar, Swiss, goat, burrata	

### French Toast and Sweets

Served with potatoes, fresh fruit and maple crème

<b>Cherries Jubilee</b> ~ Brioche, crème brulee custard, cherry brandy	14
<b>Bananas Foster</b> ~ Brioche, bananas, brandy cream, brown sugar	13
<b>Blueberry Cobbler</b> ~ Brioche, crème brulee custard, blueberry cordial	13
<b>Giant Cinnamon Roll</b> ~ Bay Bread Roll, custard soaked, cream cheese frosting	12
<b>Nutella</b> ~ Hazelnut chocolate spread, loads of bananas, whip cream	13
<b>Bourbon Peach</b> ~ Caramelized brown sugar bourbon sauce, peaches, walnuts, whip cream	14

### Griddle Cakes

Two pancakes served with potatoes and fresh fruit					10
Classic Maple	Banana Granola	Cherries Jubilee	Blueberry Cobbler	Chocolate	

### Chef's Favorites

<b>Huevos Rancheros</b> ~ Fried torta, chorizo, Pico , lime crema, eggs, cotija, avocado	13
<b>Wet Burrito</b> ~ Sausage, bacon, eggs, cheddar, potatoes, pancakes, sausage gravy	14
<b>Corned Beef Hash</b> ~ Beer boiled potatoes, honey corned beef, poached eggs, pickled onions	15
<b>LOX</b> ~ Salmon lox, dill, capers, pickled onion, pickled asparagus, smoked whitefish, tomatoes, toasted focaccia	12

### The Lighter Side

<b>Yogurt Parfait</b> ~ Yogurt, fresh berries, granola	7
<b>Porridge Oatmeal</b> ~ Wheat berries, bananas, maple syrup, cherries	8
<b>20-gram Protein Chocolate Shake</b> ~ Milk, chocolate whey, banana, peanut butter	8
<b>20-gram Smoothie</b> ~ Milk, vanilla whey, berries, granola	8

Reflect Bistro, inside Cambria Hotels & Suites  
255 Munson Ave (US-31), Traverse City, MI 49686

The bountiful  
cuisine of  
Michigan!

cui-sine

[kwi-zeen]

*noun*

‘A style or method  
of cooking,  
especially as  
characteristic of a  
particular country  
or REGION.’

At the Reflect Bistro, inside Cambria Hotels & Suites, it is our passion to prepare modern, eclectic cuisine with the seasonal bounty produced by Michigan farmers, vinters and brewers. Our team of growers and small, talented food businesses provides us with the freshest breads, eggs, butter, vegetables, proteins, beers and wines. Our goal is to create the most unique and creative dishes utilizing farm-to-table philosophy. And when some of our favorites aren’t available locally, we pledge to source our ingredients from sustainable, respected suppliers.

Enjoy!