



BREAKFAST

Resort Breakfast

Continental Breakfast served daily from 7:00 AM - 10:30 AM	8.00
Traditional American Breakfast	8.00
Two eggs any style, breakfast potatoes and choice of breakfast meat and breakfast bread	
Omelet Creation	8.00
Choose up to three items: spinach, mushrooms, tomatoes, ham, peppers, bacon, sausage, Swiss, Mozzarella or Cheddar cheese and served with breakfast potatoes	
Eggs Benedict	10.00
Two poached eggs on an English muffin, Canadian bacon, topped with Hollandaise sauce, served with breakfast potatoes	
French Toast	7.00
Hand dipped Texas toast served with warm maple syrup and honey butter, with choice of breakfast meat	
Belgian Waffle	8.00
Pressed out of our own cast iron waffle iron, served with fresh berries and whipped cream, with choice of breakfast meat	
Safety Harbor Pancakes	8.00
Resort's own hand mixed recipe creates this fluffy stack of three pancakes, served with honey butter and warm maple syrup	
Steak and Eggs	14.00
6 oz. Sirloin steak, flame grilled and served with two eggs any style and breakfast potatoes	
Smoked Scottish Salmon	9.50
Thinly sliced salmon, red onions, sliced tomato, capers and lemon, served on a bagel	

Signature Spa Breakfast

Spa Breakfast Bowl	7.50
Half grapefruit filled with cottage cheese and topped with fresh berries and granola	
The Season's Fruits	7.50
Plate of fresh seasonal fruit	
Low Fat Organic Yogurt	4.50
Healthy Spa Omelet	8.50
Fluffy egg white omelet with choice of three items: tomato, spinach, pepper, tofu, mushroom or onion	
Yogurt Parfait	8.50
Organic yogurt, granola, fresh berries and scented with honey	

Egg white substitute or whole egg substitute available upon request



Side Items

Granola with Fresh Berries	5.00
Southern Style Grits	3.00
Assorted Cold Cereals	3.00
Bagel with Cream Cheese	4.00
Oatmeal	3.00
Breakfast Breads	3.00
Choice of: Assorted Bagels, English Muffins, Breads (Toasted), Fresh Croissant, Danish Pastries, Muffins	
Breakfast Meats	3.00
Choice of: Bacon Strips (3), Sausage Links (2), Country Ham (1), Canadian Bacon (2), Turkey Bacon (3) or Turkey Sausage (2)	

Beverages

Fresh Brewed Coffee	3.00
Hot Tea	3.00
Espresso - Single	4.00
Cappuccino or Latte	5.00
Milk: Whole, 2%, Skim or Soy	3.00
Chilled Juices: Orange, Grapefruit, Apple, Cranberry, Tomato, Vegetable	3.50
Bloody Mary or Mimosa	6.50

Price does not include tax and gratuity.
18% service charge will be added to all parties of six or more.
Consuming raw or uncooked meat, poultry, seafood, shellfish or eggs
may increase the consumer's risk of food-borne illness.
We will provide for special dietary needs upon request.
Not all ingredients are listed; inquire if you have food allergies.