

Good Morning!

CHILLED JUICES 5.25

Orange, Cranberry, Grapefruit, Pineapple, Apple, Grape, Prune, Tomato or V-8

MADE FRESH DAILY JUICE STATION 6.25

KALE LEMONADE

Lemon Juice, Apple, Kale & Ginger

RISE & SHINE

Carrot, Apple & Pinch of Cayenne Pepper

WINTER FROST

Apple, Pear and Pomegranate

FRUIT SELECTION

FRESH SEASONAL FRUIT SALAD 6.75

STRAWBERRIES WITH A HONEY LIME DRESSING 7

ASSORTED BERRIES WITH A MINT YOGURT DRESSING 7.5

HALF GRAPEFRUIT WITH FRESH MINT 6.25

FRUIT PLATE WITH BANANA BREAD & COTTAGE CHEESE 12.5

SMOOTHIES

BLUEBERRY AND GREEN TEA SMOOTHIE 14

Low Fat Yogurt, Fresh Blueberries and Green Tea

PEACH RASPBERRY SMOOTHIE 14

Low-Fat Peach Yogurt, Peaches and Orange Juice

FLORIDA SUNRISE SMOOTHIE 14.5

Strawberry, Banana, Orange Juice and Raspberry Sorbet

All our smoothies are served with a Bowl of Fresh Fruit and Bran Muffin

NATURAL YOGURT 5.25

Regular or Light

PONTE VEDRA CONTINENTAL 15.75

Danish or Croissant, Fresh Fruit, Chilled Juice, Coffee or Tea

FIT MORNING

SUPERFOOD BOWL 14

Oatmeal, Quinoa, Pumpkin Seeds, Hemp Seeds, Goji Berries, Chia Seeds
Raisins, Berries

ENERGY SMOOTHIE 14

Coconut Water, Gogi Berries, Matcha, Kale, Chia And Hemp Seeds, Banana
Stevia, Served With Fruit and a Cranberry Flax Muffin

WHOLE GRAIN PANCAKES 13.5

Oatmeal, Quinoa, and Buckwheat with Warm Maple Syrup

HOUSE MADE GRANOLA PARFAIT 11

Greek Yogurt, Crunchy Granola, Seasonal Berries

HOT & COLD CEREALS

SOUTHERN STONE GROUND GRITS 5.75

BAKED CHEESE GRITS 6.25

TRADITIONAL OATMEAL 6.5

Brown Sugar, Raisins and Pecans

BREAKFAST CEREAL OF YOUR CHOICE 6.75

FROM OUR BAKERY

YOUR CHOICE OF:

DANISH, PASTRIES, ASSORTED MUFFINS 7

with Marmalade and Butter

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

FROM THE BUTCHERS BLOCK

CORNED BEEF HASH GRIDDLE 8

**APPLEWOOD SMOKED BACON, CANADIAN BACON, HAM
SAUSAGE PATTY OR LINK, TURKEY SAUSAGE 7**

PONTE VEDRA SIGNATURE BREAKFASTS

EGGS "BENEDICT" 16.75

Toasted English Muffin, Poached Eggs, Canadian Bacon, Asparagus, Hollandaise Sauce

"SOUTHERN BENEDICT" 17

Toasted Buttermilk Biscuit, Country Ham, Green Tomato
Poached Eggs and Sausage Gravy

"THE WISCONSIN" 17

Poached Eggs on top of a English Muffin with Bacon, Grilled Tomatoes
Melted Cheddar Cheese, Hollandaise Sauce

"PONTE VEDRA HUEVOS" 17

Corn Tortilla, Mexican Chorizo, Over Easy Eggs, Ranchero Sauce, Avocado, Potato

"THE MAYPORT" 18

Poached Eggs with Avocado, Mayport Shrimp, Hollandaise Sauce

THE BREAKFAST CLUB SANDWICH 14.5

Scrambled Eggs with Lettuce Tomato, Bacon, Cheddar Cheese, Avocado
Served on Whole Wheat Toast

BREAKFAST ROLL UP 15.5

Flour Tortilla Filled with Scrambled Eggs, Bacon, Cheddar Cheese, Green Onion
Tomato Salsa & served with Fresh Cut Fruit

LOX AND BAGEL 18

Scottish Smoked Salmon with Condiments, Sliced Tomato, Toasted Bagel

EGGS & OMELETTES

SPANISH FRITTATA 16

Open Faced Omelette with Chorizo Sausage, Peppers, Mushrooms and
White Cheddar Cheese, Tomato Salsa and Cilantro

THREE EGG OMELETTE OR "EGG BEATERS" 15.25 *

(Your Choice of Fillings)

TWO FARM FRESH EGGS (ANY STYLE) 10.75 *

CORNED BEEF HASH GRIDDLE 16

with Two Eggs any Style *

All Egg Dishes are served with your Choice of Breakfast Potatoes, Grits, or Fresh Fruit

FROM THE GRIDDLE

BELGIAN WAFFLES 13

Fresh Strawberries and Bananas, Maple Syrup

BLUEBERRY CORN WAFFLE 13

Corn Waffle, Blueberries, Bourbon Maple Syrup

PAIN PERDU 13.5

French Toast with Maple Syrup, Butter and Fresh Berries

PANCAKES 13.5

Traditional, Buttermilk, Blueberry, Apple Cinnamon or Chocolate Chip

BEVERAGES

**FRESHLY BREWED COFFEE, REGULAR OR DECAFFEINATED,
HOT CHOCOLATE, MILK OR SELECTION OF FINE TEAS 4**

BREAKFAST BUFFET (WHEN AVAILABLE) 26

For the courtesy of others, please refrain from the use of cell phones in the Dining Rooms.

For your convenience, gratuity and tax will be added to your bill.

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