

Beverages

HOT CHOCOLATE 4 | MILK 4

SELECTION OF FINE TEAS 5

FRESHLY BREWED KAHWA COFFEE

Regular or Decaf 5

ESPRESSO 4 | CAPPUCINO 6 | LATTE 6



CHILLED JUICES 6

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



COLD-PRESSED JUICE STATION

Made fresh daily 9

FLORIDA GLOW

Carrots,
Orange,
Lemon, Apple,
Ginger

UP-BEET

Golden Beets,
Apple,
Ginger

KALE LEMONADE

Lemon Juice
Apple, Kale
& Ginger

Smoothies

BLUE SMOOTHIE 9

Blueberry Greek Yogurt
Fresh Blueberries & Acai

PEACH RASPBERRY 9

Low-Fat Peach Yogurt
Peaches, Raspberries
& Orange Juice

FLORIDA SUNRISE 9

Orange Juice, Strawberry
Banana & Raspberry Sorbet

MANGO PEACH 9

Mango Chunks, Orange Juice
Low-Fat Peach Yogurt

From our Bakery

CHOICE OF DANISHES, PASTRIES & ASSORTED MUFFINS 8

with Marmalade & Butter

Fruit Selection

FRESH SEASONAL FRUIT SALAD 7

STRAWBERRIES 7

with a Honey Lime Dressing

ASSORTED BERRIES 8

CITRUS MARTINI 10

Orange and Grapefruit Sections
Garnished with Candied Jalapeño
and Mint Salad

FRUIT PLATE 14

with Banana Bread &
Cottage Cheese

Fit Morning

SUPERFOOD BOWL 15

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

GLUTEN FREE PANCAKES 14

Served with Warm Maple Syrup

HOUSE MADE GRANOLA PARFAIT 12

Greek Yogurt, Crunchy Granola
Seasonal Berries

*Below items served with Fresh Fruit
& gluten-free Banana Oat Muffin*

ENERGY SHAKE 15

Coconut Water, Goji Berries, Matcha, Kale
Chia, Hemp Seeds, Banana & Stevia

POWER SHAKE 15

Peanut Butter, Coconut Water, Banana
Cocoa Nibs, Pea Protein, Almonds

RELIEF SHAKE 15

Mango Chunks, Ginger, Turmeric, Banana
Flax, Coconut Water, Pineapple
Natural Sweetener

PONTE VEDRA CONTINENTAL 16

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

NATURAL YOGURT

Regular or Light 6

For the courtesy of others, please refrain from the use of cell phones in the Dining Rooms. For your convenience, gratuity & tax will be added to your bill.

**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 Griddle

CHALLAH FRENCH TOAST 15

Super Thick Cut Challah Bread topped with French Cream and served with Brown Sugar Butter and Fresh Berries

SWEET POTATO PANCAKES 14

Slightly Sweet Southern Pancakes topped with Maple Syrup and Toasted Pecans

BANANA BREAD FRENCH TOAST 15

Thick Sliced Banana Bread topped with Caramel Bananas and garnished with Fresh Berries

TRADITIONAL PANCAKES 14

Signature Breakfasts

EGGS "BENEDICT" 17

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

SHRIMP AND GRITS 18

Creamy Stone Ground Grits with Sautéed Creole Mayport Shrimp and Andouille topped with Soft Poached Eggs

BREAKFAST QUESADILLA 16

Peppers, Onions, Scrambled Eggs, Cheese Blend & Flour Tortilla garnished with Avocado Pico de Gallo & Sour Cream

"THE WISCONSIN" 17

Poached Eggs atop English muffin with Bacon Grilled Tomatoes, Melted Cheddar Cheese Hollandaise Sauce

BACON AND EGG SKILLET 18

Crumbled Bacon, Peppers, Onions, and Home-Style Potatoes topped with Farm Fresh Sunny-Side-Up Eggs

CHICKEN AND WAFFLES 18

Deep Fried Chicken Breast Strips on Crisp Waffles topped with Jalapeño Honey

THE BREAKFAST CLUB SANDWICH 15

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

BREAKFAST ROLL UP 16

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

SMOKED SALMON BOARD 19

Scottish Smoked Salmon, Caper Onion Cream Cheese, Boiled Egg, and Everything Bagel Chips

From the Butcher's Block

CORNED BEEF HASH GRIDDLE 9

APPLEWOOD SMOKED BACON, HAM CANADIAN BACON TURKEY SAUSAGE SAUSAGE PATTY

or LINK 8

Hot & Cold Cereals

SOUTHERN STONE GROUND GRITS 6

BAKED CHEESE GRITS 7

TRADITIONAL OATMEAL 7

Brown Sugar, Raisins & Pecans

BREAKFAST CEREAL OF YOUR CHOICE 7

Eggs & Omelets

Served with choice of Grits Fresh Fruit or Breakfast Potatoes

SPANISH FRITTATA 18

Open-Faced Omelet with Chorizo Sausage, Peppers White Cheddar Cheese Mushrooms, Tomato Salsa & Cilantro

THREE EGG OMELETTE OR "EGG BEATERS"

Your choice of fillings* 16

TWO FARM FRESH EGGS

Any style* 11

CORNED BEEF HASH GRIDDLE

with two Eggs any style* 18