

## A HEALTHY START

Power Bowl 11

*Muesli, Sliced Banana, Blueberries, Earth & Eat Farm Honey, Almond Milk*

Crunchy Bowl 12

*House Roasted Cherry Granola, Yogurt, Forest Berries*

Organic Cottage Cheese 12

*Toasted Almonds, Berries Earth & Eat Honey*

Steel Cut Oatmeal 11

*Dried Cranberries and Brown Sugar*

## HAY-ADAMS TRADITIONS

Two Happy Hen Yard Fresh Eggs 20

*Country Sausage or Applewood Smoked Bacon, Breakfast Potatoes, preference of Toast*

Farm Fresh Mushroom Omelet 25

*Green Asparagus, Roasted Avocado, Cherry Tomatoes, Breakfast Potatoes*

Avocado Tartine 20

*Little Gem Lettuce, Tomatoes on the Vine, Pickled Red Onion*

Red Beet Frittata (Egg White Option Available) 18

*Potato, Broccolini, Green Asparagus, Comte Cheese*

LOX and Bagel 20

*Hand Sliced Chesapeake Smokehouse Smoked Salmon, Soft Poached Egg, Baby Spinach, Mushrooms, Potatoes*

The Lafayette Eggs Royale 23

*Smoked Salmon, English Muffin, Hollandaise Sauce*

## SWEET SPECIALTIES

Oatmeal Soufflé (*allow 20 minutes*) 18  
*Toasted Georgia Pecans, Wild Berry Sauce*

Mascarpone Pancakes 17  
*Berry Coulis and Graham Cracker Crumbs*

Brioche French Toast 18  
*Sliced Almonds, Caramelized Anjou Pear, Caramel Sauce*

BAKERY – per piece 4

Baked daily by our Pastry team, enjoy a selection of seasonal and ever changing assorted pastries and viennoiseries, served with assorted jams and preserves

*All Butter Croissant, Multigrain Croissants, Almond Nutella & Banana Croissant, Muffins, Ham, Green Onion & Cheddar Scones, Blueberry Scones, Banana & Walnut Bread, Pain au Chocolat*

CONTINENTAL BREAKFAST 25

*Breakfast Pastry Duo, Comfitures and Butter, Seasonal Assorted Fruit, Freshly Squeezed Juice and choice of Hot Beverage*

ACCOMPANIMENTS 7

Applewood Smoked Bacon

Country Chicken Apple Sausage

Grilled Virginia Ham

Breakfast Potatoes

Assorted Berries

## JUICES AND SMOOTHIES

Freshly Pressed Juices	8
<i>Orange / Grapefruit / Carrot</i>	
Freshen Up Juice	8
<i>Granny Smith Apple, Cucumber, Celery, Kale, Baby Spinach</i>	
Berry Blue Smoothie	10
<i>Blueberries, Blackberries, Acai Berries, Grand Flax, Chia Seeds</i>	
Killer Green Smoothie	10
<i>Baby Spinach, Granny Smith Apple, Moringa Powder, Almond Milk</i>	

## BEVERAGES

Freshly Brewed Coffee or Decaffeinated Coffee	6
Nespresso Collection	8
<i>Espresso</i>	
<i>Decaffeinated Espresso</i>	
<i>Cappuccino</i>	
<i>Café Latte</i>	
<i>Double Espresso</i>	
Selection of Palais des Thés Teas	8
<i>(Full Tea Menu Available)</i>	

Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of food-borne illness  
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