

BREAKFAST

EGGS

Two Eggs, "As you Wish" 11.95

Three Egg Cheese Omelet 13.95

Cheddar, American, Mozzarella, Swiss

Additional Toppings Plus .50 Each

Mushrooms, Peppers, Asparagus, Tomato

Onion, Spinach, Applewood Bacon

Ham, Pork Sausage, Smoked Salmon

Home Fries, Choice of Seven-Grain, Rye or White

Egg Whites or Egg Beaters, add 1.95

English Muffin add .95

Bagel add 1.95

Substitute Berries for Home Fries 5.95

Sub Fruit for Home Fries 3.95

Sub Spinach for Home Fries 4.95

Side Orders 4.95

Bacon, Canadian Bacon

Chicken-Apple Sausage, Pork Sausage

FROM THE GRIDDLE

Served with Real Maple Syrup and Creamery Butter

Nutella Stuffed French Toast 13.95

Banana Butter Sauce, Toasted Coconut

Amaretto Belgian Waffle 13.95

Baked Apple-Cranberry Jam, Almond Butter

Gingerbread Pancakes 12.95

Butter Pecan Syrup, Pomegranate Seeds

Spiced Whipped Cream

SPECIALTY

Daybreak Sandwich 12.95

Two Fried Eggs, Cheddar Cheese

Bacon, Plain Bagel

Red Flannell Hash 16.95

Poached Eggs, Hollandaise Sauce, Fried Shallots

Red Potato-Beet-Bacon-Scallion Hash

Balsamic Glaze

Bagel & Lox 18.95

Diced Tomatoes, Capers, Red Onions

Whipped Dill Cream Cheese

Grilled Breakfast Burrito 12.95

Eggs, Sausage, Peppers, Potatoes

Cheddar Blend, Pico De Gallo, Guacamole

Avocado Toast 14.95

Smashed Avocado, Sliced Prosciutto, Fried Egg

Black Himalayan Sea Salt

Meyer Lemon Oil, Wheatberry Bread

EGGS BENNY

Classic Eggs Benedict 16.95

Poached Eggs, Canadian Bacon

Asparagus Spears, English Muffin, Hollandaise Sauce

Crab Cake Eggs Benedict 18.95

Poached Eggs, Tabasco Hollandaise Sauce

California Eggs Benedict 15.95

Poached Eggs, Grilled Tomatoes, English Muffin

Asparagus Spears, Avocado, Hollandaise Sauce

BREAKFAST CEREAL

Steel-Cut Organic Oatmeal 9.95

(Made to Order)

Served on the side; Apple Compote

Medjool Dates, Real Maple Syrup

Special K, Raisin Bran, Cheerios

Frosted Flakes 4.95

Served with Whole or Skim

Almond or Soy Milk plus .95

Add Bananas or Strawberries plus 2.95

KIDS

Single Pancake 6.95

One Egg, "As You Wish" 7.95

SIDES

English Muffin 3.95

Bagel 4.95

With Cream Cheese

Breakfast Pastry 6.95

Two per order, Choice of:

Sticky Bun, Muffin, Danish

Breakfast Potatoes 3.95

Seasonal Mixed Berries 7.95

Seasonal Fresh Fruit 5.95

Low-Fat Greek Yogurt 3.95

Add Fresh Berries (In Season) plus 7.95

Fresh Salt Parfait 11.95

Greek Yogurt, House-made Granola

Berries (Based on Availability)

JUICE

Fresh Orange Juice Med. 5.95 Lg. 6.95

Assorted Juices Med. 4.95

Cranberry, Pineapple, Tomato, Grapefruit, Apple

BEVERAGES

"Lighthouse Blend" Coffee* 3.95

Steep Organic Tea 4.95

Cappuccino 4.95

Almond or Soy Milk add .95

Latte 4.95

Almond or Soy Milk add .95

Single Espresso 2.95

Double Espresso 4.95

**Lighthouse Blend: Created by our chef in partnership with a local roaster. This exclusive blend is more than just a coffee, it is an opportunity to enjoy a quiet moment or another's company.*

BREAKFAST SPECIALTY DRINKS

Monday-Sat from 9:00 am | Sunday from 11:00 am

Bloody Mary's & Mimosa's 8.95

FRESH SALT AT THE SAYBROOK POINT INN & SPA | SAYBROOK.COM

If you have special dietary needs or allergies, please let a member of our staff know.

GF - Gluten Free ingredients contain no wheat, barley, rye, common oats, their crosses or derivatives

Thoroughly Cooking Meats, Poultry, Seafood, Shellfish or Eggs reduces the risk of illness.

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