

Polaris⁺

HEALTHY CHOICES

LIGHT & LEAN	13	ATHLETE'S BREAKFAST	13
SCRAMBLED EGG WHITES, GRILLED APPLE CHICKEN SAUSAGE, BRÛLÉED GRAPEFRUIT, FRESH BASIL		FRESH FRUIT OR BRÛLÉED GRAPEFRUIT, NONFAT GREEK YOGURT, BRAN, CARROT OR BLUEBERRY MUFFIN	
BC GRANOLA	10	OATMEAL	10
MILK, ALMOND MILK OR SOY MILK, YOGURT, FRESH BERRIES		FRESH BERRIES	

SPECIALTIES

Omelets served with your choice of Yukon gold potatoes, seasonal fruit or brûléed grapefruit. All can be ordered with egg whites.

VIRGINIA HAM OMELET*	13
WHITE CHEDDAR, TARRAGON, BABY KALE	
SMOKED SALMON OMELET*	14
GERARD & DOMINIQUE COLD-SMOKED SALMON, GRUYÈRE CHEESE, ARUGULA, SUN-DRIED TOMATO	
VEGETARIAN OMELET*	13
OPEN-FACED WITH ASPARAGUS, SPINACH, MAMA LIL'S PEPPERS, FONTINA, BASIL	
EGGS YOUR WAY*	13
YUKON GOLD POTATOES, CHOICE OF MEAT, SEASONAL FRUIT, CHOICE OF TOAST	
EGGS BENEDICT*	9/15
ENGLISH MUFFIN, CANADIAN BACON OR SPINACH	
SALMON TARTINE	15
GERARD & DOMINIQUE'S GRAVLAX, LEMON-DILL GUACAMOLE, SCRAMBLED EGGS, BRIOCHE TOAST	
HUEVOS BANDERAS*	13
TWO SUNNY EGGS, SALSA, DRUNKEN BEANS, GUACAMOLE, CORN TORTILLA, COTIJA CHEESE, MEXICAN CREMA	
FRENCH TOAST	14
BOURBON VANILLA BRIOCHE, APRICOT MARMALADE, BLUEBERRIES, HAZELNUTS, MAPLE SYRUP	
BUTTERMILK PANCAKES	11
GRAND MARNIER CINNAMON BUTTER, MAPLE SYRUP, SEASONAL FRUIT	

DRINKS

SMOOTHIE	7
Berry, banana or mango, yogurt, orange juice, bee pollen, protein	
FRESH ORGANIC JUICE	5
Orange, grapefruit, carrot, pomegranate, apple	

SIDES

One egg*	3	Apple chicken sausage	6
Two eggs*	6	Apple smoked bacon	6
Yukon gold potato hash	6	Roasted tomatoes, goat cheese	6
Toast	3	Side of seasonal, fresh fruit	4
Maple pork sausage	6	Berries	6
Virginia ham	6	Yogurt	4

**Consuming raw or undercooked foods to order may increase your risk of foodborne illness.*