



Traditions  
THURSDAY FROM MONDAY THROUGH

## BREAKFAST MENU THURSDAY

7:00 AM - 11:00 AM

### PLATES AND PLATTERS

#### TRADITIONS BREAKFAST ... 16

Two Eggs Any Style, Choice of Breakfast Meat, Breakfast Potatoes, Choice of Toast with Jam

#### ♥ AVOCADO TOAST ... 17

Honey Orange Ricotta, Sliced Avocado, Pickled Red Onions, Petite Greens, Everything Seasoning, Whole Grain Toast Served with Seasonal Fruit Salad

\* Add Two Eggs 5 \*

#### THE FARMER'S OMELET ... 18

Three Egg Omelet, Breakfast Potatoes, Toast

\* Choice of Omelet Ingredients: Onions, Bell Peppers, Spinach, Mushrooms, Tomatoes, Bacon, Ham \*

#### 🌱 COUNTRY FLAPJACKS

OR

#### GRIDDLED FRENCH TOAST ... 16

Stack of Buttermilk Pancakes or Flight of Cinnamon Spiced French Toast

\* Customize with the Following:

Blueberries, Bananas, Chocolate Chips, Marshmallows \*

### BREAKFAST BOWLS

#### ♥ HOT OATS ... 14

Mixed Berries, Warm Milk

#### BREAKFAST HASH BOWL ... 18

Breakfast Potatoes, Sautéed Peppers and Onions, Surry Sausage, Two Sunny Side Eggs, Cheddar Cheese, Green Onions, Smoked Tomato Aioli

\* Add Toast 5 \*

#### ♥ BERRY HARVEST BOWL ... 16

Mixed Berries, Lemon Curd, Greek Yogurt, Whole Grain Granola

#### BISCUITS AND GRAVY ... 16

Toasted Buttermilk Biscuits, Warm Sausage Gravy, Breakfast Potatoes, Green Onions

\* Add Two Eggs 5 \*

#### SOUTHERN BENEDICT ... 18

Buttermilk Biscuits, Virginia Ham, Poached Eggs, Hollandaise, Petite Greens Served with Breakfast Potatoes

### SIDES

#### GF DF 🌱 MIXED FRUIT ... 5

#### DF 🌱 ♥ OATMEAL ... 5

#### GF DF TWO EGGS ... 5

#### DF 🌱 BREAKFAST POTATOES ... 5

#### BREAKFAST MEAT ... 8

Choice of Apple Wood Smoked Bacon, Surry Sausage Links, VA Ham, Turkey Bacon, Chicken Sausage

#### DF 🌱 TOAST ... 5

Sliced Toasted Bread Available Breads: Sourdough, Whole Grain Wheat, Rye, English Muffin, Bagel, GF White, GF Wheat

### BEVERAGES

#### MILK ... 4 | 6

#### JUICE ... 4 | 6

Orange | Apple | Cranberry | Grapefruit | Pineapple | Tomato | V-8

#### COFFEE/TEA ... 4

### COLD PRESSED FRESH JUICE

#### PURE GREENS ... 8

Zucchini, Celery, Cucumber, Spinach, Kale, Romaine, Apple, Lemon, Ginger

#### ROCKIN BEET ... 8

Beets, Carrots, Apple, Lemon, Ginger

#### GOLDEN GIRL ... 8

Turmeric, Carrot, Pineapple, Lemon, Ginger

### ALCOHOLIC BEVERAGES

#### RASPBERRY PEACH BELLINI ... 13

Rum, Raspberry & Peach Puree, Prosecco

#### BUZZED ICE COFFEE ... 14

Bailey's, Kahlua, Cream, Coffee, Caramel

#### PURE GREEN MARY ... 18

Tito's Vodka, Cold Pressed Pure Greens Juice, Hot Sauce

#### ISLAND MIMOSA ... 12

Guava, Passion Fruit, Orange, with Hint of Pineapple, Cava

GF - Dish is Gluten Free, DF - Dish is Dairy Free, 🌱 - Dish is Vegetarian, ♥ - Dish is Heart Healthy

We are happy to accommodate any allergies you have. Most dishes can be prepared gluten free. Please let your server know if you have any allergies.



## BREAKFAST BUFFET

All Buffets Include Juice and Coffee

Continental 18.98 | Full Buffet 28

### CONTINENTAL OFFERINGS

#### COLD CEREAL STATION

Frosted Flakes  
Raisin Bran  
Rice Krispies  
Cap'n Crunch Berry  
Cinnamon Toast Crunch  
Chilled Whole Milk

#### YOGURT STATION

Greek Yogurt  
House Lemon Curd  
Fresh Mixed Berry Compote

#### HOT CEREAL STATION

Oatmeal  
Grits

#### TOPPINGS

Fix your Cereals and Yogurts How You Like:  
Toasted Almonds, Granola, Chocolate Chips, Craisins, Cinnamon, Honey

#### SEASONAL FRUIT SALAD

#### OVERNIGHT OATS

#### TOAST STATION

Assorted Bagels  
English Muffins  
White  
Wheat  
Rye

#### SOFT SCRAMBLED EGGS

#### BREAKFAST MEATS

Applewood Smoked Bacon  
Sausage Patties

#### GLUTEN FREE STATION

Blueberry & Chocolate Chip Muffins  
White  
Wheat  
Bagel

#### SEASONAL PASTRY SELECTIONS

House Baked Pastries  
Donut Holes  
Assorted Mini Muffins

### FULL BREAKFAST EXPERIENCE

Enjoy Everything from the Continental and Everything Below

#### — BREAKFAST POTATOES —

##### CRISPY FRIED POTATOES

#### — DAILY FRITTATA —

##### LEEK & MUSHROOM

Roasted Leeks, Oyster Mushrooms, Feta Cheese

#### — CHEF'S SPECIAL —

##### SHRIMP & GRITS

Cheddar Grits, Seafood Sauce, Seared Cajun Spiced Shrimp

#### — SIGNATURE FRENCH TOAST —

##### DEATH BY CHOCOLATE

American Heritage French Toast Custard, Bourbon Chocolate Ganache, Chocolate Chips

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