



essensia

THE PURE ESSENCE
OF TASTE

BEVERAGES

Milk, chocolate milk,
Starbucks® organic coffee,
Tazo® tea, hot chocolate
\$3

Orange, grapefruit, tomato, V8,
apple or pineapple juice
\$4

The Palms signature black or
Green Passion iced tea
\$3

Soft drinks
\$3

Fiji water
\$4 SMALL
\$6.50 LARGE

San Pellegrino
\$4 SMALL
\$8 LARGE

Espresso
\$4

Cappuccino
\$5

Latte
\$5

Tea Forté®
\$5

Regular or
decaf coffee
\$3

BREAKFAST MENU

BREAKFAST BUFFET

Fresh organic and seasonal fruits & berries, yogurt parfaits, hot and cold cereals, muesli, meats and cheeses, smoked salmon and bagels, homemade pastries & breads, quiches, scrambled eggs, bacon, chicken-apple sausage, breakfast potatoes, made-to-order omelets and Belgian waffles. Served with fresh orange or grapefruit juice, Starbucks organic coffee or Tazo teas.

PER PERSON \$24
PER CHILD (10 YEARS & UNDER) \$12

MORNING SPECIALTIES

ALL AMERICAN BREAKFAST \$16
Two eggs (any style), bacon or healthy chicken-apple sausage, breakfast potatoes and toast.

CONTINENTAL BREAKFAST \$14
Bowl of seasonal, organic fresh fruit, assorted breads and Danish pastries.
Served with fresh juice, coffee or tea.

PANCAKES \$15
Regular fluffy or fresh organic blueberry pancakes. Served with pure maple syrup, creamy butter and seasonal organic fresh fruit.

CHEESE BLINTZES \$15
Three French crepes filled with creamy ricotta and cottage cheeses. Served with warm organic fruit compote and dairy fresh sour cream.

YOUR CHOICE OMELET \$18
Farm fresh eggs, egg whites or Egg Beaters® with your choice of three of the following: Cheddar cheese, Swiss cheese, Feta cheese, organic spinach, mushrooms, peppers, onions, tomatoes, ham, artichoke hearts, black olives. Served with bacon or healthy chicken-apple sausage, toast and potatoes.

BENEDICTS

CLASSIC EGGS BENEDICT \$19
Toasted English muffin, thick cut Canadian bacon, poached eggs and Hollandaise sauce. Served with seasonal, fresh organic fruit and crispy home fried potatoes.

CRABMEAT BENEDICT \$22
Toasted English muffin, jumbo lump crabmeat, baby spinach, poached eggs and Hollandaise sauce. Served with seasonal, fresh organic fruit and crispy home fried potatoes.

CALIFORNIA BENEDICT \$21
Toasted English muffin, thick cut Canadian bacon, fresh avocado, poached eggs and spicy salsa. Served with seasonal, fresh organic fruit and cottage cheese.

BREADS, PASTRIES AND MORE

White, rye, multi-grain or whole wheat toast, or English muffin \$6
Bagel and cream cheese \$6
Bagel with cream cheese, smoked salmon, onions, tomatoes and capers \$14
Two danish pastries or two fresh baked muffins or two croissants \$6
Hot or cold cereal with whole or skim milk \$6
Cottage cheese or low fat cottage cheese, with seasonal, organic fresh fruit \$10
Non-fat yogurt – plain or fruit \$5

BUILD YOUR OWN SMOOTHIE

Fresh, natural low-fat yogurt blended with fresh organic fruits of the season.

Choose any combination of – mango, strawberries, blueberries, bananas, raspberries, pineapple \$8

AN 18% SERVICE CHARGE AND APPLICABLE SALES TAX WILL BE ADDED TO YOUR CHECK