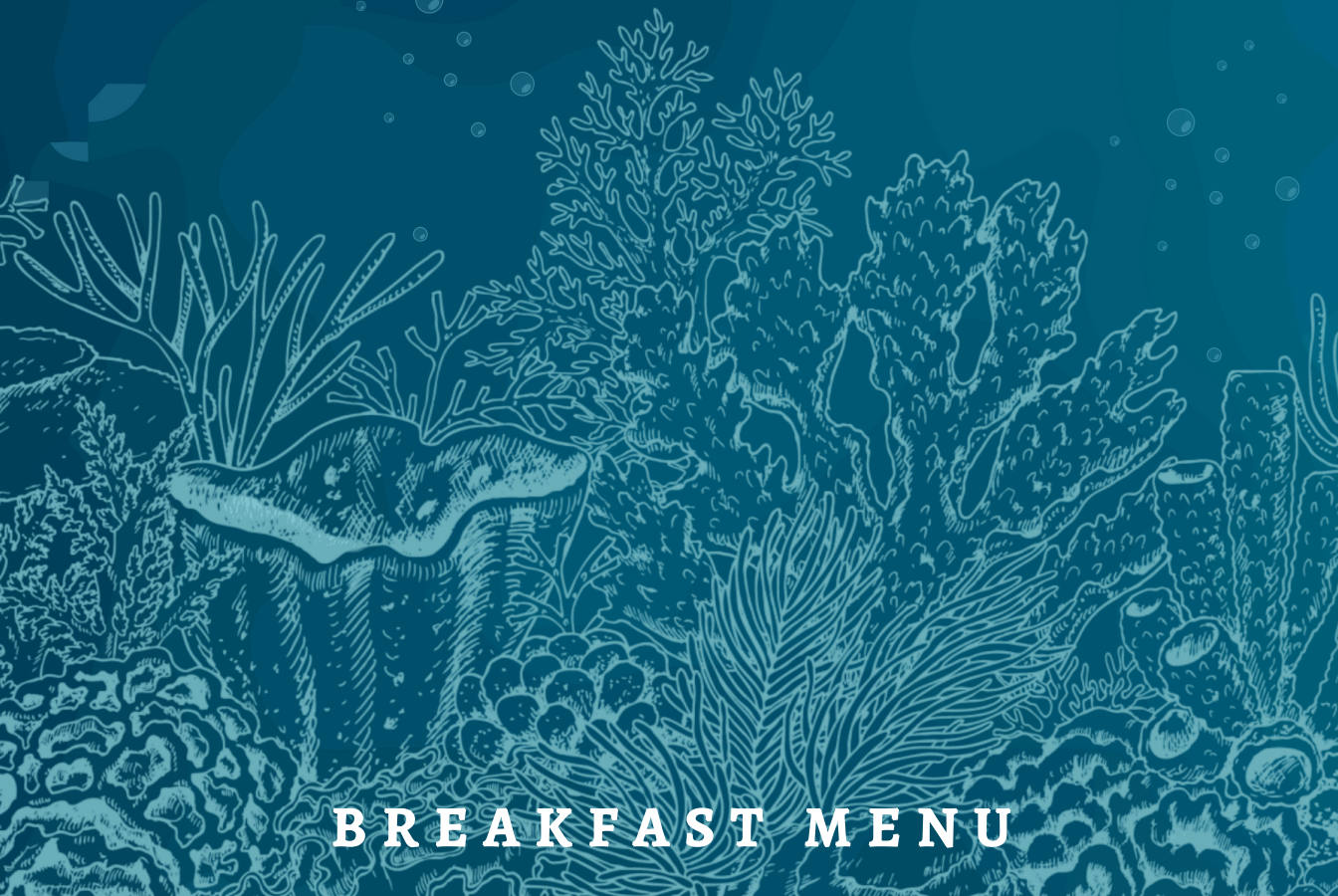# Pompano

BEACH CLUB

STARTERS

BREAKFAST PASTRIES

A selection of freshly baked breakfast breads, pastries and/or muffins will be brought to your table.

BEVERAGES

Coffee (regular or decaf), Milk (whole, skim or almond milk), Hot Chocolate, Assorted Hot Teas, Iced Tea

CHOOSE ANY OF THE FOLLOWING:

FRESH FRUIT

Sliced Banana, Cantaloupe Melon, Honeydew Melon, Fresh Fruit Cup, Half Grapefruit, Seasonal Berries

HOT CEREALS

Cream of Wheat or Oatmeal

YOGURT PARFAIT

Layers of low fat vanilla yogurt, seasonal berries and granola

CHILLED JUICES

Apple, Cranberry, Grapefruit, Orange, Pineapple, Prune, Tomato

COLD CEREALS

Cheerios, Corn Flakes, Frosted Flakes, Fruit Loops, Granola, Raisin Bran, Rice Krispies, Special K

YOGURTS

Plain or Assorted Fruit

MAIN FARE

EGGS

Two farm fresh eggs, cooked to order. Egg Beaters and egg whites are also available.

SMOKED SALMON

Plain bagel served with lettuce, tomato, cream cheese and smoked salmon.

BELGIAN WAFFLES

Belgian style waffles served plain or with a strawberry or blueberry topping and warm maple syrup.

OLD FASHIONED FRENCH TOAST

Thick slices of freshly baked bread, dipped in eggs and cinnamon, grilled and dusted with sugar and served with warm maple syrup.

BUILD YOUR OWN OMELETTE

Three egg omelette made with your choice of ham, bacon, sausage, cheese (cheddar, Swiss or American), onions, sweet peppers, spinach, tomatoes or mushrooms.

EGGS BENEDICT

Two poached eggs served on toasted English muffins, with Canadian bacon and hollandaise sauce.

BREAKFAST SANDWICH

Fried egg served with American cheese and either bacon, ham or sausage on a toasted English muffin.

BUTTERMILK PANCAKES

Two large banana, blueberry, chocolate chip or plain pancakes served with warm maple syrup.

BACON & CHEESE QUICHE

Breakfast quiche baked with bacon and cheddar cheese.

KIPPERED HERRING

Hot smoked fish fillet topped with melted butter.

SIDE ITEMS

BACON, SLICED HAM, HOME FRIED POTATOES, SAUSAGES, ENGLISH MUFFIN, BAGEL OR TOAST (WHITE, WHEAT OR RYE).

* PLEASE ASK YOUR SERVER ABOUT GLUTEN-FREE OPTIONS *