



## starters

- Breakfast Parfait  
*layers of granola, yogurt and fresh seasonal berries* 5.95
- Assorted Breakfast Cereals 3.95  
*with bananas or strawberries* 4.95
- Granola 6.95
- Oatmeal  
*with brown sugar and new england maple syrup* 6.95
- Assorted Breakfast Pastries 3.95
- English Muffin or Toast  
*(White, Rye or Wheat)* 2.95
- Gourmet Toast Selection  
*choice of cranberry walnut, brioche, onion focaccia roll* 3.95
- Toasted Bagel with Cream Cheese  
*lite and flavored cream cheese* 3.95
- Smoked Salmon  
*with a bagel, capers, tomatoes and cream cheese* 11.95
- Seasonal Berries 6.95
- Plain or Fruit Yogurt 3.95
- Breakfast Health Drink  
*orange juice, yogurt, honey, lime and a touch of cinnamon* 4.95  
*with bananas or strawberries* 5.95
- Continental Breakfast  
*juice, fruit, pastries and coffee or tea* 9.95

## breakfast benedicts

- Traditional  
*two poached eggs, pancetta bacon, cheddar cheese on english muffins, topped with hollandaise sauce* 11.95
- Florentine  
*two poached eggs, fresh baby spinach, cheddar cheese on english muffins, topped with hollandaise sauce* 12.95
- Irish  
*two poached eggs, corned beef hash, cheddar cheese on english muffins, topped with hollandaise sauce* 12.95
- Lobster Benedict  
*two poached eggs, sautéed lobster meat, cheddar cheese on english muffins, topped with hollandaise sauce* 13.95

## breakfast skillet specialties

- Egg Sandwich  
*two eggs any style, choice of meat or baby spinach, choice of cheese on an onion focaccia roll, served with breakfast potatoes* 8.95
- The Guardsman  
*three eggs any style with potatoes and choice of breakfast meat* 10.95
- Today's Omelette or Your Choice  
*served with potato, toast or muffin* 10.95
- Steak and Eggs  
*flat iron steak, three eggs any style, potatoes, toast or English muffin* 14.95
- New England Waffle  
*with fruit, whipped cream, maple syrup and choice of breakfast meat* 9.95
- Buttermilk Pancakes  
*choice of breakfast meat* 8.95  
*short stack* 6.95
- Chocolate Chip or Banana Pancakes  
*with choice of breakfast meat* 9.95  
*short stack of chocolate chip or banana* 7.95
- Tavern Corned Beef Hash  
*served with three eggs any style* 9.95
- Low Carb/Meat Lover's  
*two link sausages, two strips bacon, grilled ham, kielbasa and three eggs any style* 11.95
- Grand Marnier Dipped French Toast  
*with brioche bread and maple syrup* 9.95
- Granola Crusted French Toast  
*with maple syrup* 9.95

*breakfast meat choices: maple sausage links, applewood smoked bacon, honey pit ham and kielbasa*  
*add 1.00 for egg whites*

## beverages

- Chilled Beverages  
*orange, grapefruit, apple, cranberry, tomato juice or milk* 2.95
- Hot Beverages  
*coffee, tea selection or hot chocolate* 2.95

*18% gratuity will be added to parties of 6 or more*  
*menu prepared by executive chef dennis brake*  
*state of connecticut regulation section 19-13-B42*  
*"thoroughly cooking meats, poultry, seafood, shellfish or eggs reduces the risk of foodborne illness"*