



BREAKFAST

TO BEGIN

House-made granola
Fresh fruit
Yogurt

EGG PLATES

Oeufs en Coquette

Organic eggs baked with spinach & oven roasted tomato, topped with vintage cheddar served with seeded toast and lemon vinaigrette side salad

Classic Egg Sandwich

Organic eggs with lettuce, tomato, onion and avocado oil aioli on a whole grain bun

Huevos al Sol

Sprouted corn tortillas with two organic fried eggs, sautéed squash, avocado and live probiotic salsa

SWEETS

Bluecorn Pancakes

Two griddled pancakes served with daily fruit selection, toasted pine nuts & local honey

SPROUTED OATS THREE WAYS

Cardamom & Cinnamon (V)

A bowl of steel cut oats with coconut, cashews, raisins, cardamom & cinnamon with milk and honey on the side

Scottish

A bowl of steel cut oats with smoked trout, roasted carrots, fresh parsley and crème fraiche

Zen (V)

A bowl of steel cut oats with braised greens, roasted carrots, house-made kimchi and coconut butter

A LA CARTE

Eggs al Gusto

Two organic eggs cooked to your preference

Toast

Little Northern Bakehouse gluten-free seeded or cinnamon raisin bread served with choice of butter, peanut butter, almond butter and 100% fruit jam

EXECUTIVE CHEF ROCKY DURHAM

(V) Indicates vegan option.

Sunrise Springs endeavors to use local, organic and sustainable ingredients whenever possible.

Consuming raw or undercooked meats, poultry, seafood, shellfish, eggs or unpasteurized milk may increase your risk of food-borne illness.




TO DRINK

Iconik Coffee
Tea Forte Assorted Teas
Fresh Juice of the day

DINING HOURS

Breakfast Lite Fare	7:00 – 7:30 am	Sages Café
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Sunday Brunch	11:00 – 2:00 pm	Blue Heron
Lunch	12:00 – 2:00 pm	Blue Heron
Pre-dinner Reception	5:00 – 6:30 pm	Moon House
Dinner	6:00 – 8:00 pm	Blue Heron

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