

Spoonbread Restaurant

Breakfast Buffet \$12.50

Freshly brewed Starbucks regular or decaffeinated coffee
Choice of orange, grapefruit, cranberry or apple juice
Breakfast potatoes Southern grits Bacon and Sausage Chef's daily special
Omelets and Eggs made to order Warm homemade waffles and assorted toppings
PLUS all other items from the Poinsett Continental

Poinsett Continental Buffet \$10.50

Choice of freshly baked muffins, pastries, English muffins, toast or buttermilk biscuits,
whipped butter and fresh fruit preserves
Fresh seasonal fruits
Freshly brewed Starbucks regular or decaffeinated coffee
Choice of orange, grapefruit, cranberry or apple juice

Breakfast Specialties

Includes juice and coffee

Eggs Your Way \$9.50

Two eggs made your way with a choice of bacon, sausage or country ham, choice of breakfast potatoes or grits, toast or English muffin with butter and preserves

Southern Waffles \$9.25

Pecan waffles with and maple syrup or fresh cream and strawberries

*** Yogurt Granola Pancakes** \$9.25

Homemade pancakes made with yogurt and granola topped with blueberries and pure maple syrup

Traditional Eggs Benedict \$10.75

Toasted English muffin topped with Canadian bacon, poached eggs and fresh Hollandaise sauce. Served with your choice of breakfast potatoes or grits

*** Cage Free Poached Eggs with Salmon** 11.25

Two poached eggs over grilled Atlantic salmon, with asparagus, tomatoes and arugula salad

*** Egg White Omelet with Broccolini** \$9.25

Egg whites with sautéed onions, basil and local goat cheese served with steamed broccolini

Cereals

Cold Cereals \$4.25

* Homemade Granola, Raisin Bran, Corn Flakes, Cheerios or Shredded Wheat

add berries or bananas \$2.00

*** Hearty Oatmeal** \$4.25

With brown sugar and raisins, blueberries and walnuts

Traditional Southern Grits \$3.75

Juices, Fresh Fruit, Beverages

Fresh Squeezed Orange or Grapefruit Juice \$3.25

Chilled Juices \$3.25

Tomato, V-8, Cranberry or Apple

Fresh Seasonal Fruit and Berries \$6.50

Freshly Brewed Starbucks Coffee \$3.25

*** Blueberry Banana Protein Smoothie** \$3.25

Selection of Hot Tazo Teas \$3.25

Milk \$2.25

2%, Skim, Whole Milk or Soy

Breads and Pastries

Fresh Baked Pastries & Muffins \$3.25

Toasted English Muffin or Bagel with Cream Cheese \$4.25

Toast or Buttermilk Biscuits \$3.25



*SuperFoods are known for being health-enhancing and rich in

antioxidants and phytonutrients. Key to the SuperFoodsRx philosophy is "food synergy."

Consuming raw or undercooked meats, poultry, seafood or shellfish may increase your risk of foodborne illness, especially if you have certain medical conditions.

