

# UNWIND

## BREAKFAST MENU

start  
fresh  
#

### SPECIALTIES

<b>EGGS BENEDICT*</b> .....	<b>16</b>
A timeless classic of two poached eggs and Canadian bacon atop an English muffin and topped with Hollandaise sauce. 900 CAL	
<b>WEST COAST BENEDICT*</b> .....	<b>18</b>
A West Coast Twist on breakfast : Smoked Sockeye Salmon! 466 CAL	
<b>CANADIAN SKILLET*</b> .....	<b>16</b>
Two eggs prepared your way, served over country potatoes with chopped bacon, sausage, ham, mushrooms, peppers, and onion. 1091 CAL	
<b>VEGGIE SKILLET</b> .....	<b>16</b>
Two eggs any style, broccoli, mushrooms, peppers, onion and tomato combined with breakfast potatoes and topped with shredded Cheddar. 850 CAL	
<b>PANCAKES</b> .....	<b>13</b>
Griddled pancakes topped with butter and served with warm syrup. 1300 CAL Add blueberries for \$2.00 more! 1350 CAL	
<b>FLORENTINE BENEDICT*</b> .....	<b>16</b>
Two poached eggs with mushrooms and spinach atop an English muffin and topped with Hollandaise sauce. 940 CAL	
<b>HAM AND EGGS*</b> .....	<b>16</b>
A 5 oz. grilled ham steak served with two eggs any style. 720 CAL	
<b>SUNRISE BREAKFAST SANDWICH</b> .....	<b>13.5</b>
One egg fried or scrambled, Cheddar cheese, and your choice of meat on an English muffin, served with breakfast potatoes 680 CAL	
<b>SEAWALL OMELET*</b> .....	<b>17</b>
A folded three egg omelette, with smoked salmon, cream cheese, green onion, and your choice of toast 430 CAL	

### HOTEL FAVORITES

<b>INNJOYABLE BREAKFAST*</b> .....	<b>14</b>
Two eggs any style served with breakfast potatoes, choice of meat and toast. 870 CAL	
<b>TRADITIONAL FRENCH TOAST*</b> .....	<b>13.5</b>
Two slices of thick cut bread battered and grilled to a golden brown. 670 CAL	
<b>TAILOR MADE 3 EGG OMELET*</b> .....	<b>14.5</b>
Made with your choice of sausage, ham, bacon, Cheddar cheese, Swiss cheese, peppers, onions, tomatoes, mushrooms, spinach served with breakfast potatoes and toast. 640+ CAL	
<b>START FRESH WRAP*</b> .....	<b>13.5</b>
Egg whites scrambled with mushrooms, spinach, onions, and provolone cheese, wrapped in a whole wheat tortilla and served with breakfast potatoes or fruit. 820 CAL	
<b>MALTED MINI WAFFLES</b> .....	<b>13.5</b>
Crispy waffles served with berries, whipped cream and warm syrup. 1010 CAL	
<b>BUILD YOUR PERFECT BREAKFAST*</b> .....	<b>19</b>
Choose your eggs, meat and a side. Perfect! 560+ CAL	

#### ROOM SERVICE - Dial Extension: 4

Applicable sales tax will be added to the price of all items.

#### BREAKFAST SERVED

6:30AM - 11:30AM WEEKDAYS

7AM - NOON WEEKENDS

### SIDES

FRUIT 100 CAL	<b>6</b>
BACON* 160 CAL	<b>3.5</b>
SAUSAGE* 360 CAL	<b>3.5</b>
TOAST 120 CAL	<b>3.5</b>
BREAKFAST POTATOES 290 CAL	<b>3.5</b>
YOGURT 150 CAL	<b>2.5</b>
OATMEAL 450 CAL	<b>7</b>
EXTRA EGG* 90 CAL	<b>2</b>

### BEVERAGES

COFFEE 0 CAL	<b>3.5</b>
JUICE 110 CAL	<b>3.5</b>
TEA 0 CAL	<b>3.5</b>
MILK 80-150 CAL	<b>3</b>
ASSORTED SOFT DRINKS 0-160 CAL	<b>3.5</b>

2,000 calories a day is used for general nutritional advice, but calorie needs vary.  
Additional nutrition information available upon request.

\*Notice: Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions. FOR PARTIES OF 8 OR MORE, 15% GRATUITY WILL BE AUTOMATICALLY ADDED TO THE BILL