

Eggs Cellent

Served with home fried potatoes & choice of toast.

Can be prepared with Egg Beaters or egg whites.

All entrees include choice of Coffee, Tea, Decaf and Juice

Create Your Own Stoweflake Omelet 9.00

(Add \$.50 for each additional ingredient)

Honey Ham, Mushrooms, Tomatoes, Onions, Peppers,

Bacon, Cabot Swiss, Cheddar or Reduced Fat Cheddar

The Farmer's Selection 12.00

Two poached eggs with corn beef hash & Hollandaise Sauce

Traditional Egg's Benedict 12.00

Poached eggs atop cured ham on a toasted English Muffin

All American 12.00

Two farm fresh eggs, choice of apple-smoked bacon, maple sausage or chicken apple sausage

The Vermonter 14.00

Three eggs any style, short stack of pancakes and choice of breakfast meat

Healthy Choices

Chef's Seasonal Fruit Plate 7.00

Served with berries

The Runner 11.50

Egg white omelet with tomatoes & spinach, steamed potatoes & chicken apple sausage

The Hiker 11.00

Egg white omelet with low-fat cheddar, tomatoes, mushrooms & peppers.

Half grapefruit & steamed potatoes

The Sunrise 9.00

A parfait of granola, yogurt & berries. Served with a muffin

This Should Do It

Southwestern Wrap 10.00

Two eggs, bacon or sausage, Cabot Cheddar & ranchero salsa, Sour Cream in a tortilla wrap

The One That Didn't Get Away

Upstream Eggs Benedict 12.00

Poached eggs, Perona Farms smoked salmon on a toasted English Muffin

The Stowewich 14.00

Over stuffed croissant of smoked salmon & scrambled eggs

Lox & Lox of Bagel 15.00

Toasted bagel, cream cheese, capers with lettuce, tomato & onion

Just Like Mom Makes

Charlie B's Super Blueberry Pancakes 9.00

Three fluffy pancakes served with whip cream

The Choco Pancakes 9.00

Three chocolate chip pancakes served with whip cream

Crispy Belgian Waffle 9.50

With pecans, fresh berry compote & Vermont maple syrup

Whole Wheat French Toast 9.50

Soaked in a vanilla egg batter, grilled and served with fruit sauce

Breakfast Sides

Corned Beef Hash	3.75	Maple Sausage or Bacon	3.75
Breakfast Potatoes	2.00	Apple Chicken Sausage	3.50
One Egg	3.00	Canadian bacon	3.25
Two Eggs	4.00	Toast or English Muffin	2.00

Eggs served any style and include toast

Consuming raw or undercooked meats, poultry, eggs & shellfish may pose certain health risks

Something Fruity

Bowl of Fresh Berries 6.00
with cream 7.00

Sliced Banana 3.00

Broiled or Plain Grapefruit Half 4.50

Etc., Etc....

Assorted Cold Cereals with Skim or Whole Milk 3.50

Granola with Yogurt or Milk 4.00

Bowl of Oatmeal with Raisins and Brown Sugar 3.50

Plain, Everything or Cinnamon Raisin Bagel 2.75

Coffee Drinks

Pot of Green Mountain Coffee or decaf 4.00

Espresso 3.50

Double Espresso 4.50

Latte 4.50

Cappuccino 4.50

From the Dairy

Whole Milk

Skim Milk

Hot Chocolate

4.00

Specialty Beverages

Mimosa 8.00

Bloody Mary 7.00

Juices

Fresh Squeezed OJ

Apple

Cranberry

Grapefruit

V-8 Low Sodium

4.00

