

Classics

Good Start Breakfast

Oatmeal, cold cereal, or homemade granola with fresh berries or bananas, skim milk and your choice of toast, bagel, or muffin. Includes juice and coffee 11.²⁵

All American Breakfast

Two eggs any style with crisp hash browns. Choose bacon, ham steak, sausage, or Canadian bacon and toast, bagel or muffin. Includes juice and coffee 12.²⁵

Good Start Buffet

Oatmeal, cold cereal, or homemade Almond Granola with fresh berries or bananas, skim milk and your choice of breakfast breads. Includes juice and coffee 11.⁹⁵

All American Buffet

The Good Start buffet PLUS eggs cooked to order and a selection of breakfast meat. Includes juice and coffee 13.⁹⁵

3-Egg Omelets

Mashed potato, cheddar, bacon and scallion 10.²⁵

Asparagus, goat cheese and basil 10.⁷⁵



Breakfast Mixed Grill [carb conscious]

flat iron steak, bacon, sausage and your choice of eggs 13.⁹⁵

Crunchy Grilled French Toast [low cholesterol]

whole wheat bread dipped in cholesterol free eggs and crushed corn flakes. Served with fresh fruit and reduced calorie syrup 9.⁹⁵

Fresh Cut Fruit [low fat]

seasonal fruits and berries served with your choice of plain or fruit yogurt 8.⁴⁵

Signatures

Green Chile Breakfast Burrito

onion, potatoes, and chile peppers scrambled with eggs, and wrapped in a flour tortilla. Topped with pepper jack cheese and green chile sauce 10.²⁵

Chicken Fajita Frittata

egg white frittata filled with grilled fajita chicken, peppers, and onions. Topped with Jack cheese and served with salsa and warm flour tortillas 10.⁹⁵

Specialties

Buttermilk Pancakes

served with butter and warm maple syrup 8.⁹⁵

Traditional Eggs Benedict

Canadian bacon and hollandaise 10.⁹⁵

Bacon & Cheddar Breakfast Quesadilla

eggs, bacon, cheddar cheese, and scallions in a whole wheat tortilla. Served with salsa, sour cream, and guacamole 9.⁹⁵

Steak and Eggs

10oz. New York Strip Steak, served with hashbrowns and your choice of eggs 20.⁹⁵

Traditional Belgian Waffle

topped with powdered sugar and served with warm maple syrup and butter 8.⁹⁵

French Toast

topped with powdered sugar and served with warm maple syrup 8.⁹⁵

Bagel Sandwich

toasted bagel, scrambled eggs and ham smothered in melted cheddar cheese. Served with hashbrowns 9.⁷⁵

Etc.

Freshly Squeezed Orange Juice 3.⁷⁵

Cranberry Juice 3.⁷⁵

Grapefruit Juice 3.⁷⁵

Coffee, Decaffeinated Coffee, or Tea 2.⁹⁵

Milk, Chocolate Milk, Hot Chocolate 2.⁹⁵

Oatmeal, Raisins and Brown Sugar 4.⁹⁵

Selection of Cold Cereals 4.²⁵

Toasted Bagel, Croissant or Muffin 3.⁵⁰

Bacon, Sausage, or Ham 3.⁹⁵

Banana Oatmeal Crème Brûlée 7.⁵⁰

Almond Granola Parfait 6.⁴⁵