

THE
SPA



Good Morning

RISING SUN BAKERY WHOLE WHEAT BAGEL...6
Low Fat Cream Cheese, Local Honey and Jelly

SEASONAL BERRIES
Bowl of Assorted Seasonal Sweet Berries

GRANOLA AND YOGURT PARFAIT
Lodge Made Granola topped with Homestead Creamery Yogurt and Fresh Berries

FRESH FRUIT SALAD ...7
Chef's Selection of Seasonal Fresh Fruit and Lodge Made Granola

CEREAL...6
Daily Selection of Hot and Cold Cereal with Skim Milk

WARM and COZY

Elements Spa Breakfast...20
Two Egg White Served with Fresh Fruit , Shaved Surrayno Ham , Whole wheat Toast

Earth Omelet...16
Whièèed Farm Fresh Egg White,Local Goat Cheese, Spinach, Mushrooms , and Tomato

Buckwheat Pancakes...14
Lodge Made Fluffy Pancakes with Fresh Berry Compote

Lox...18
Scottish smoked salmon , cream cheese , capers , red onion , tomato.