






FRESH FRUIT BOWL 12  
fresh fruit and berries

YOGURT PARFAIT 12 
our house-made granola layered with our fruit compote
and Greek plain yogurt

HOUSE-MADE GRANOLA
WITH FRESH BERRIES 11 
served with strawberries, blueberries and raspberries

KELLOGG'S CEREALS
WITH FRESH BERRIES 5 


THE NEW YORKER 19
Pastrami smoked salmon, cream cheese, tomato,
sliced red onion and capers on a lightly toasted
everything bagel

BUTTERMILK PANCAKES,
BLUEBERRY OR PLAIN 16
served with warm maple syrup

EGGS BENEDICT* 19
poached eggs, Canadian bacon, toasted English muffin
and hollandaise sauce, served with breakfast potatoes

NEW ENGLANDER* 16
two eggs, breakfast potatoes, and toast
choice of: bacon, sausage, turkey sausage

INNKEEPER* 19
two eggs, two pancakes, breakfast potatoes and toast
choice of: bacon, sausage, turkey sausage

BRIOCHE FRENCH TOAST 16 
served with warm maple syrup

OMELETS* 18
egg whites or whole eggs
choice of two fillings: mushrooms, spinach, tomatoes
peppers, onions, ham, bacon, avocado (+\$2.00)
choice of cheese: cheddar, feta, American, goat cheese
served with breakfast potatoes and toast

SPA BREAKFAST WRAP* 15
scrambled egg whites, spinach, avocado and tomato,
served in a whole wheat tortilla with apple pineapple
pico de gallo and fresh fruit

ACCOMPANIMENTS

One Egg* 5	Toast/English Muffin 4
Bacon* 6	Bagel 5
Sausage* 4	Coffee / Decaf 4.25
Turkey Sausage* 4	Latte 4.25
Breakfast Potatoes 4	Cappuccino 5.25
Fresh Fruit 8	Espresso 4.25
Fresh Berries 8	Tea / Decaf / Herbal 4.25



Vegetarian



Gluten-free

Many of our entrees can be made Vegan.
Please ask your server for today's options.

FRENCH PRESS COFFEE (12 OZ.) 7.25

Organic & Fair Trade



Try our micro roasted & hand crafted coffee blend.
Our beans are sourced and roasted for us by
Craftsman Cliff Roasters in Norwich, CT.
Please ask your server about today's special blend.

Guests who have chosen breakfast-inclusive packages will receive one juice, one hot beverage, and choice of one menu item. Charges apply for additional menu selections. Your server will be happy to answer any questions.

**Thoroughly cooking meats, poultry, seafood, shellfish, or eggs reduces the risk of foodborne illness.
Prices are subject to a 20% service charge and applicable CT state tax. Gratuity is included in the service charge for your convenience.*