

Kensington's Breakfast Menu

Detox and Antioxidant Elixirs

Morning Boost Smoothie ^{GF}

Banana, blueberries, agave nectar and soy milk 6
184 Calories, 3g Fat, 4g Protein, 41g Carbohydrates

Spa Fresh Smoothie ^{GF}

Banana, pineapple, strawberries, blueberries, agave nectar, low-fat yogurt, pomegranate juice and orange juice 7
216 Calories, 3g Fat, 4g Protein, 48g Carbohydrates

Cucumber Cooler ^{GF}

Cucumber, mint, fresh lime juice 6
59 Calories, Trace Fat, 3g Protein, 14g Carbohydrates

Organic Carrot-Apple Juice ^{GF}

Organic carrots and granny smith apples 5
127 Calories, 1g Fat, 1g Protein, 32g Carbohydrates

Fresh squeezed Orange Juice ^{GF}

185 Calories, Trace Fat, 4g Protein, 46g Carbohydrates

Grapefruit Juice/Tomato/V8 ^{GF}

Apple/Cranberry/Currant 3
Calories range from 39 - 129

Continental

Freshly Baked Continental

Croissant, breakfast pastry & muffin baked fresh to order Served with fresh fruit 9
530 Calories, 23g Fat, 9g Protein, 74g Carbohydrates

Fresh Fruit Bowl ^{GF}

Fresh fruit and berries drizzled with our whole-grain, honey mustard dressing 8
267 Calories, 1g Fat, 1g Protein, 67g Carbohydrates

Yogurt Parfait

Our house-made granola layered with our dried fruit compote and vanilla yogurt 9
491 Calories, 16g Fat, 13g Protein, 82g Carbohydrates

House-made Granola with Fresh Berries

Served with strawberries, blueberries and raspberries 7
367 Calories, 16g Fat, 8g Protein, 53g Carbohydrates

Kellogg's Cereals with Fresh Berries 5

Counts vary according to cereal - see container

The New Yorker

Fresh baked bagel, smoked salmon and appropriate condiments . . 13
499 Calories, 19g Fat, 26g Protein, 53g Carbohydrates

Steel Cut Oats

Dried fruit compote, brown sugar and walnuts 8
621 Calories, 22g Fat, 21g Protein, 92g Carbohydrates

Entrée's

Banana Soy Pancakes ^{GF}

No egg, no dairy, served with fresh fruit 13
448 Calories, 10g Fat, 6g Protein, 75g Carbohydrates

Buttermilk Pancakes / Blueberry or plain

Served with 100% real maple syrup 11
646 Calories, 25g Fat, 21g Protein, 84g Carbohydrates

Eggs Benedict*

Poached eggs, Canadian bacon, toasted English muffin and hollandaise sauce, served with breakfast potatoes 13
551 Calories, 30g Fat, 36g Protein, 35g Carbohydrates

Crabcake Benedict*

Poached eggs, jumbo lump crabcakes, hollandaise sauce, served with breakfast potatoes 16
720 Calories, 38g Fat, 56g Protein, 39g Carbohydrates

New Englander*

Two eggs, breakfast potatoes, and toast
Choice of bacon - sausage - turkey sausage 12
717 Calories, 46g Fat, 30g Protein, 45g Carbohydrates

Innkeeper*

Two eggs, two pancakes, breakfast potatoes and toast
Choice of: bacon - sausage - turkey sausage 13
864 Calories, 48g Fat, 34g Protein, 73g Carbohydrates

Brioche French Toast

Served with 100% real maple syrup 11
539 Calories, 19g Fat, 16g Protein, 77g Carbohydrates

Omelets*

Egg Whites or Whole Eggs
Choice of two fillings: Mushrooms - Spinach - Tomatoes - Peppers - Onions - Ham - Bacon - Avocado
Cheddar - Feta - American - Goat Cheese
Served with breakfast potatoes and toast 11
Calorie counts vary according to fillings

Spa Breakfast Wrap*

Scrambled egg whites, spinach, avocado and tomato, served in a whole wheat tortilla with Salsa Verde and fresh fruit 11
391 Calories, 10g Fat, 18g Protein, 59g Carbohydrates

Accompaniments

One Egg*	3
Bacon*	4
Sausage *	4
Turkey Sausage*	4
Breakfast Potatoes	3
Fresh Fruit	5
Fresh Berries	7
Toast/English Muffin	3
Bagel	5
Coffee / Decaf	3
Latte	3
Cappuccino	3
Espresso	3
Tea / Decaf / Herbal	3

^{GF} Gluten Free

Guests who have chosen breakfast-inclusive packages will receive juice, 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 19% service charge and applicable CT State Tax
Gratuity is included in the service charge for your convenience.