



Kensington's Breakfast Menu

Detox and Antioxidant Elixirs

- Morning Boost Smoothie**  **6**
 Banana, blueberries, agave nectar and soy milk
 184 Calories, 3g Fat, 4g Protein, 41g Carbohydrates
- Spa Fresh Smoothie**  **7**
 Banana, pineapple, strawberries, blueberries, agave nectar,
 low-fat yogurt, pomegranate juice and orange juice
 216 Calories, 3g Fat, 4g Protein, 48g Carbohydrates.
- Cucumber Cooler**  **6**
 Cucumber, mint, fresh lime juice
 59 Calories, Trace Fat, 3g Protein, 14g Carbohydrates

- Organic Carrot-Apple Juice**  **5**
 Organic carrots and granny smith apples
 127 Calories, 1g Fat, 1g Protein, 32g Carbohydrates
- Orange Juice**  **4**
 185 Calories, Trace Fat, 4g Protein, 46g Carbohydrates
- Grapefruit Juice/Tomato/V8**  **3**
Apple/Cranberry
 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**  **8**
 Fresh fruit and berries drizzled with our whole-grain,
 honey mustard dressing
 267 Calories, 1g Fat, 1g Protein, 67g Carbohydrates
- Yogurt Parfait**
 Our house-made granola layered with our dried fruit compote and
 Greek plain 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

 **Gluten Free**

Entrée's

- Banana Soy Pancakes**  **13**
 No egg, no dairy, served with fresh fruit
 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
- Crab Cake Benedict***
 Poached eggs, jumbo lump crab cakes, 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
 Choice of cheese: 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	4
Latte	4
Cappuccino	4
Espresso	4
Tea / Decaf / Herbal	4

French Press Coffee (12 oz.) **6**

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 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 20% service charge and applicable CT State Tax
Gratuity is included in the service charge for your convenience.