



# Atlantic GRILLE

## NATURAL BEGINNINGS

**Gf V Paleo Crunch \$12**  
All-Natural Based Cereal, Assorted Berries, Almond Milk

**Gf Market Fruits & Berries \$15**  
Seasonal Fruit, Low Fat Yogurt, Blueberry Muffin

**\*Smoked Salmon Bagel \$19**  
Smoked Salmon, Cream Cheese, Capers, Egg Salad, Tomato

**V Avocado Toast \$13**  
Crushed Avocados, Pico de Gallo, Vegan Cheese, Whole Grain Vegan Toast

**Avocado Melt \$13**  
Whole Wheat English Muffin, Grilled Tomato, Wilted Kale, Apricots, Cranberry, Avocado, Chia Seeds

**Gf \*Quinoa Bowl \$15**  
Fried Eggs, Quinoa, Spinach, Peppers, Chicken Sausage, Roasted Seasonal Vegetables

**Gf Seasonal Berry Parfait \$13**  
Low Fat Yogurt, Granola

**Steel Oatmeal Bowl \$13**  
Steel Cut Oats, Almond Milk, Green Apple Brûlée, Craisins, Honey

## EGGS & MORE

**Garden Omelet \$17**  
Spinach, Tomato, Onion, Pepper, Corn, Jack Cheese, Breakfast Potatoes

**\*Eggs Your Way \$16**  
Two Eggs Any Style Served with Breakfast Potatoes & Toast – *Choice of Bacon, Pork Sausage, Chicken Sausage* –

**Seafood Omelet \$19**  
Shrimp, Bay Scallops, Spinach, Lil' Moo Cheese, Breakfast Potatoes

**AG Breakfast Sandwich \$17**  
Fried Egg, Ham, Aged Cheddar, Smashed Avocados, Pico de Gallo Served on Ciabatta with Breakfast Potatoes

**\*Smoked Salmon Benedict \$18**  
Smoked Salmon, Poached Egg, English Muffin, Hollandaise

## SKILLETS

**\*Country Hash \$17**  
Benton's Bacon, Country Ham, Chicken Sausage, Breakfast Potatoes, Onions, Peppers, Poached Egg

**Biscuit & Gravy \$10**  
Warm Buttermilk Biscuits & Sausage Cream Gravy

**\*Chorizo Hash \$17**  
Ground Chorizo, Breakfast Potatoes, Jack Cheese, Poached Egg

## FROM THE GRIDDLE

**Buttermilk Pancakes \$14**  
Maple Syrup & Powder Sugar – *Choice of Plain, Blueberry, Chocolate Chip, Gluten Free* –

**Bananas Foster French Toast \$15**  
Challah Bread, Fosters Caramel, Pecan, Maple Syrup

## ENHANCEMENTS

**Gf Green Goddess Smoothie**  
Almond Milk, Kale, Pineapple, Chia Seeds – *Small \$4 or Large \$8* –

**White, Wheat, Rye, Multigrain, English Muffin \$3**  
Served with whipped butter and preserves

**Gf \*Two Farm Fresh Eggs \$5**  
Any style

**Gf Strawberry and Banana Smoothie**  
Almond Milk, Honey, Chia Seeds – *Small \$4 or Large \$8* –

**Gf Bacon, Pork Sausage Links, Chicken Sausage \$5 each**

**Gf Local Seasonal Fruit \$6**  
**Breakfast Potatoes \$3**

*\*Consuming raw or undercooked meat, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.*

**Gf V** - *Gluten Free, Vegan*