



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 a Hoagie Roll 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* –

Waffles \$14
Golden Malt Waffle, Strawberry Butter, Maple Syrup

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