

lite options

Because a healthy bear is a happy bear



COLD CEREALS - \$2.50

Special K, Corn Flakes, Raisin Bran, Frosted Flakes, All Bran, Shredded Wheat, Rice Krispies or Cheerios

HOT HOMEMADE OAT BRAN & BULGUR WHEAT CEREAL - \$3.25

with dried fruits

HOMEMADE GRANOLA - \$3.95

HOT OATMEAL - \$2.95

LOWFAT COTTAGE CHEESE - \$2.50

LOWFAT YOGURT - \$2.50

plain or flavored

CHILLED GRAPEFRUIT HALF - \$2.50

FRESH FRUIT PLATTER - \$7.25

SMOKED SALMON PLATTER - \$10.95

toasted bagel, red onion, caper berries and chive cream cheese

THE CONTINENTAL - \$9.95

muffins, fresh-baked pastries, lowfat yogurt, fresh fruit, chilled juice and coffee, tea or milk



three-egg omelets

CREATE YOUR OWN - \$8.95

choose from onions, peppers, ham, sausage, bacon, broccoli, spinach, mushrooms, tomatoes and cheese - American, Swiss, cheddar, mozzarella and pepper jack

THE ARMSTRONG - \$9.25

corned beef and cheddar

THE SENTINEL RANGE - \$9.25

forest mushrooms and spinach

THE AUSABLE - \$9.50

smoked salmon, onion, capers and Swiss cheese

eggs, any style

egg whites or Egg Beaters available upon request

ONE EGG - \$4.95

served with choice of toast, bagel or English muffin

WITH BACON, HAM OR SAUSAGE - \$6.95

TWO EGGS - \$6.95

served with choice of toast, bagel or English muffin

WITH BACON, HAM OR SAUSAGE - \$8.95

on the side

HOME FRIES - \$2.25

TOAST, BAGEL OR ENGLISH MUFFIN - \$2.50

BACON, HAM OR SAUSAGE - \$2.75

FRESH-BAKED MUFFIN - \$2.25

breakfast entrees

Start the day off right!

HIGH PEAKS BREAKFAST - \$12.95

two eggs with a 6 oz. sirloin, hash browns and toast

THE PEAKS BREAKFAST CROISSANT - \$9.95

scrambled eggs, spinach and Canadian bacon topped with cheddar cheese, served with home fries

CORNED BEEF HASH - \$9.95

with two eggs any style and choice of toast

BUTTERMILK PANCAKES - \$9.95

served with true Adirondack maple syrup and choice of bacon, ham or sausage

BLUEBERRY PANCAKES - \$10.50

our buttermilk pancakes with fresh blueberries, maple syrup and choice of bacon, ham or sausage

FRENCH TOAST - \$9.95

Adirondack maple syrup and choice of bacon, ham or sausage

HOMEMADE CHEESE BLINTZES - \$10.95

fresh blueberry sauce and choice of bacon, ham or sausage

HOMEMADE BUTTERMILK BISCUITS - \$6.95

served with mountain gravy



Maybe something about LP activities here