



d e f i a n c e sail charters

BREAKFAST SELECTIONS

EGGS

SAUTEED SEASONAL VEGETABLES oven baked EGG CUPS

CODDLED EGGS oven baked with FRESH TOMATO

OMELET choices (served with or without Hollandaise sauce);
Red pepper and scallions,
Green pepper, tomato and mushroom, or
Spinach and sautéed garlic

Egg selections are served with choice of either multigrain/sourdough toast or warm biscuits with honey or raspberry butter.

FRENCH TOAST

Served with choice of the following fresh fruit and its respective sauce;
Blueberry,
Raspberry, and
Choice of sausage or bacon

GRIDDLE CAKES

APPLE OATMEAL served with warmed applesauce,

BLUEBERRY WHOLE WHEAT dusted with confectionery sugar, or

MANGO STRAWBERRY served with fresh mango and strawberries

BREAKFAST POPOVER with **SWEETENED GRAPES**

ASSORTED BAKED GOODS or **GRANOLA**

Served with a seasonal fresh fruit platter

BAGELS

Served with;

Fresh strawberries, softened strawberry cream cheese, and mint garnish, or

Smoked salmon, capers, red onion, softened cream cheese, and
chopped egg

BREAKFAST CASSEROLES baked with layers of eggs and bread with either;

SAUSAGE and CHEESE served with FRIED TOMATOES, or

MEXICAN served with salsa and sour cream

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