



THE MARSH RESTAURANT

fresh, whole ingredients; simple, delicious preparations

BREAKFAST & BRUNCH

CEREALS & GRAINS

steel-cut oatmeal cup 5/bowl 6.5 DF *no milk*
served with raisins, walnuts and skim milk
add bananas or berries \$1 each

greek granola 7 GF *no granola*
organic granola, greek yogurt and fresh fruit

Below served with maple syrup and fresh fruit

multigrain pancakes 9 stack of three
banana-nut or blueberry add \$1

cinnamon french toast 9 GF *sub gf bread \$2*

EGGS, OMELETS & SCRAMBLES

Substitute gluten free bun, bread, tortilla or flatbread crust... 2

heart your eggs 9 GF/DF
two eggs any style, roasted sweets & beets, fresh fruit*

#1 two eggs 6.5 GF *sub gf bread/DF*
any style with toast and fresh fruit

#2 two eggs 8.5 GF *sub gf bread/DF*
any style with toast, Marsh potatoes and fresh fruit

#3 two eggs 10.5 GF *sub gf bread/DF*
any style with toast, Marsh potatoes, chicken sausage or
smoked bacon, and fresh fruit

Below with wheat, white or multi-grain toast & fresh fruit

daily omelet 11 *please inquire*

veggie protein omelet 11 GF *sub gf bread/DF*
egg whites, tomatoes, bell peppers, mushrooms,
onions, spinach

club house omelet 11 GF *sub gf bread/DF no cheese*
ham, turkey, bacon, swiss cheese

marsh breakfast salad 10 GF *sub gf bread/DF*
baby spinach, two poached eggs, haricots verts, shallots,
warm bacon vinaigrette *wheat, white or multi-grain toas*

breakfast sandwich 7 GF *sub gf bun/DF no cheese*
one egg, canadian bacon & cheddar on english muffin

veggie breakfast sandwich 7 GF *sub gf bun/DF no cheese*
one egg, spinach & pesto on whole wheat english muffin

roasted veggie hash 11 GF/DF
sweet potatoes, beets, zucchini, onions, tomatoes and bell
peppers with two eggs any style
served with fresh fruit

breakfast burrito 10 GF *sub gf tortilla DF no cheese/sour cream*
scrambled eggs, scallions, peppers, onions, cheddar in
whole wheat wrap, with pico de gallo & sour cream
served with fresh fruit

SIDES

one egg 1.5
chicken apple sausage 4
applewood smoked bacon 4
marsh potatoes 3

fresh fruit cup 4 ... bowl 5
roasted sweets & beets 4
sautéed spinach 4
english muffin *wheat or white* 2
muffin or scone 2.75

toast, per piece 1.25
wheat, white or multi-grain
gluten free toast, per piece 1.5
gluten free bun/tortilla/crust 2.5

While our kitchen is extremely cautious in preparing gluten free GF and dairy free DF items, please be aware there is always a chance of cross contamination. We encourage you to consider this with regard to your dietary requirements and needs.