

# THE MARSH RESTAURANT

*fresh, whole ingredients; simple, delicious preparations*

## BREAKFAST

### 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 or bread... 2*

**#1 one egg** 5 **GF** *sub gf bread/DF*

any style with toast, choice of fresh fruit or grilled tomato & sautéed spinach

**#2 two eggs** 7 **GF** *sub gf bread/DF*

any style with toast, choice of fresh fruit or grilled tomato & sautéed spinach

**#3 two eggs** 9 **GF** *sub gf bread/DF*

any style with toast, hashbrowns (DF), choice of fresh fruit or grilled tomato & sautéed spinach

*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

**greek omelet** 11 **GF** *sub gf bread/DF* *no cheese*

kalamata olive, tomato, spinach, feta cheese, red onion

**eggs benedict** 12 **GF** *sub gf bun/DF* *no sauce*

two poached eggs, whole wheat english muffin, canadian bacon, hollandaise sauce on side

**marsh breakfast bowl** 10 **GF** *sub rice/DF*

baby spinach, two poached eggs, asparagus, farro, shallots, warm bacon vinaigrette

**breakfast sandwich** 7 **GF** *sub gf bun/DF* *no cheese*

one egg, bacon & cheddar on whole wheat english muffin

**veggie breakfast sandwich** 7 **GF** *sub gf bun/DF*

one egg, spinach, tomato, 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*

**steak fajita scramble** 12 **GF/DF** *no cheese*, **V** *sub spinach & avocado*

grilled flank steak, scrambled eggs, scallions, peppers, onions, cotija cheese, salsa, corn tortillas, *served with fresh fruit*

### SIDES

one egg 1.5

chicken apple sausage 4

applewood smoked bacon 4

hashbrowns 3

add avocado 1

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 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.