CROWN & ANCHOR

BAR · RESTAURANT · TERRACE

FRUITS & BERRIES

Sliced Seasonal Fresh Fruits (V) (GF) 14

Seasonal Berry Bowl (V) (GF) 16

Acai Bowl (V) (GF) 14

Mixed Berries, Banana, Chia Seeds, Toasted Coconut Flakes, Granola, Honey Drizzle, Dairy Free Yogurt

Whole Grapefruit (V) (GF) 6

YOGURTS & CEREALS

Oatmeal With Cinnamon (V) (GF) 6

Choice of Cereal (V) 8

Rice Krispies, Corn Flakes, Bran Flakes, Magic Spoon (Keto Cereal), Special K, Muesli

Yogurt (V) 6

Plain / Low Fat / Fruited / Vegan

EGGS & OMELETS

Served with Breakfast Potatoes & Grilled Tomato

Three Egg Omelet 15

Please select 2 ingredients: Ham, Smoked Salmon, Chorizo, Peppers, Onions, Mushrooms, Asparagus, Green Onions, Cheddar, Swiss

Two Eggs Any Style 12

Scrambled, Sunny Side Up, Poached, Boiled

Benedict 16

Two Poached Eggs, English Muffin Canadian Bacon, Béarnaise Sauce

Florentine (V) 16

Two Poached Eggs, English Muffin Spinach, Béarnaise Sauce

Scrambled LEO (GF) 16

Smoked Salmon, Eggs, Onion, Fennel, Sour Cream, White Toast

Keto Burrito (GF) 17

Bacon, Avocado, Spinach, Cheddar Sour Cream, Tomato Salsa Wrapped in Egg *No Grill Tomato Garnish

Huevos Rancheros 19

Two Eggs Over Easy, Corn Tortilla, Refried Beans,
Cheddar Cheese, Tomato Salsa, Sour Cream, Jalapeños
*No Grill Tomato Garnish

Sides:

Bacon / Pork Sausage / Canadian Bacon 6
Sautéed Potatoes / Sautéed Spinach / Tomato Salsa

FROM THE GRIDDLE

Buttermilk Pancakes, Belgian Waffle, 12 French Toast Raisin Bread, Wheat Crepes (V)

All Served With Syrup & Fruit Compote

THE BAKERY

Basket (V) 12

Two Croissants, One Danish, One Muffin Your Choice of Toast, Butter, Jam

Toasted Bread (V) 5

White, Wheat, or Multi-grain

Muffins / Croissants / Danishes 7

Daily Chef's Selection Gluten Free Options Available

Smashed Avocado on Toasted Bagel (V) 15

Cream Cheese Add Poached Egg 3

Smoked Salmon on Toasted Bagel 15

Cream Cheese, Pickled Onions, Capers

Toasted Bagel (V) 5

Cream Cheese

The EBC 15

Two Eggs, Bacon, Cheddar, Breakfast Sandwich Served with Breakfast Potatoes & Grilled Tomato

HOT BEVERAGES

Coffee 4

Regular or Decaffeinated

Cappuccino / Double Espresso / Latte 7

Espresso 5

Macchiato 6

Hot Chocolate 5

With Whipped Cream 6

Lot 35 Tea 6

Imperial Breakfast, Decaf English Breakfast

Jasmine Gold Dragon, Oregon Mint, Egyptian Chamomile,

Creamy Earl Grey, Liza Hill Darjeeling

SMOOTHIES & SPECIAL DRINKS

Seasonal Fruit Smoothie of The Day 12

Smoofit Regeneration 12

Banana, Peanut Butter, Honey, Almond Milk, Hemp, Chia Seeds

Vegetable Splash 10

Kale, Spinach, Apple, Cucumber, Ginger, Honey, Lemon Juice

Virgin Bloody Mary 7

Mimosa 16

Beers & Spirits available from 9:00 am to 11:00 pm