

# Good Morning!

## Chilled Juices

Orange, Grapefruit, Prune, Tomato, V-8, Pineapple, Apple or Cranberry  
2

♥Freshly-Squeezed Orange Juice

4

♥Low-Fat Cottage Cheese, ♥Low-Fat Flavored Yogurt

\*4 oz. Bowl ~ 3

8 oz. Bowl ~ 3.75

♥Chilled Grapefruit

4

♥Fresh Fruit

Fresh Fruit Plate 8.50

## \*♥Cold Cereals

Special K, Corn Flakes, Raisin Bran, Frosted Flakes, All-Bran,  
Shredded Wheat, Rice Krispies, and Cheerios  
2.75

## Hot Cereals

♥Old Fashioned Oatmeal 3.25

Old Fashioned Oatmeal of the Day 3.95

\*Small side dish 2.75

♥Steel Cut Oats 5.00

♥Low-Fat Adirondack Mueslix

A Cold Oatmeal Cereal of Skim Milk, Low-Fat Yogurt, Honey and Fruit  
\*4 oz. Bowl ~4.25 8 oz. Bowl ~7.25

Mirror Lake Inn Granola

Served with Cream, 2% Milk or Skim Milk

6

The "Quick Start" Continental

A Variety of Muffins and Pastries, Low-Fat Yogurt, your Choice of Juice,  
And Coffee or Tea 10

## Beverages

Freshly-Brewed Special Roast for the Mirror Lake Inn Regular or Decaffeinated Coffee,

Lipton Tea, 2% Milk, Skim Milk or Hot Cocoa - 2

Harney & Sons Silk Sachet Herbal Teas - 3

Iced Tea or Lemonade - 2

Cappuccino 3.50 Espresso 3

## \*Side Orders

Toast, Bagel, English Muffin - 2.50 With Cream Cheese - 3

Home-Baked Bran Muffin (2) - 2.25 Home-Baked Fruit Muffin - 2.75

Bacon, Ham or Sausage - 3 Home Fries - 2.50

Ask about our Homemade Jams!

\*Meal Plan Guests may choose a juice or fruit plate, entrée, \*side order and beverage.

# ~Breakfast Entrees~

## Mirror Lake Inn Breakfast Sandwich

Single Fried Egg on a Toasted House-Made Croissant with Canadian Bacon,  
Sliced Tomato and Cabot Cheddar Cheese Served with a Side of Homefries 13

## Poached Eggs Romagna

Two Poached Eggs with a Parmesan Mornay, Toasted Sourdough,  
Sautéed Mushrooms and Pesto 14

## Frittata Lorraine

Open Faced Omelet with Spinach, Onion, Bacon and Swiss Cheese  
Accompanied with Home Fries and Your Choice of Toast, Bagel or English Muffin 12

## Brioche French Toast

Thick Cut French Bread with Accents of Cinnamon and Vanilla  
Served with Pure Adirondack Maple Syrup 13

## Orange Spice Flapjacks

Our Mirror Lake Inn Flapjacks Mixed with a Blend of Spices and Orange Zest  
Finished with a dollop of Sweetened Orange Scented Cream Cheese  
Served with Pure Adirondack Maple Syrup 13

## Belgian Waffle

Served with Caramelized Apples and Chantilly Cream 14

## The High Peaks

Two Mirror Lake Inn Flapjacks with One Egg Any Style  
Served with Pure Adirondack Maple Syrup and a Choice of Bacon, Sausage, or Ham 15

## ♥Ployes

### A Healthy Alternative

Nutritious Buckwheat Flapjacks (No Fat, Cholesterol, Sugar, Eggs, or Butter)  
Topped with Fresh Fruit 12

## Mirror Lake Inn Adirondack Flapjacks

Light and Airy, Made from a Time-Tested Recipe Served with Pure Adirondack Maple Syrup 12

## Smoked Salmon

Served With Lightly Toasted Bagel, Red Onion and a Side of Chive Cream Cheese 11

## Fresh Cooked Eggs Any Style

2 Eggs Served with Toast, Bagel or English Muffin 8

With Ham, Bacon or Sausage 11

1 Egg Served with Toast, Bagel, or English Muffin 6

With Ham, Bacon or Sausage 9

## Omelet of The Day

A Different Omelet Featured Daily Served with Toast, Bagel or English Muffin  
with Ham, Bacon or Sausage 11 14

**Egg Whites and Egg Beaters are Available upon Request**

Please refrain from using Cell Phones in the Restaurant.

♥The items marked with a heart are healthy, spa alternatives low in fat, cholesterol and void of unnecessary sodium and sugars