

Good Morning!

Chilled Juices

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

\$1.95

♥Freshly-Squeezed Orange Juice

\$3.95

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

*4 oz. Bowl \$2.95 8 oz. Bowl \$3.75

♥Chilled Grapefruit or Prunes

\$3.95

♥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

♥Homemade Oatmeal \$3.25

Homemade Oatmeal of the Day \$3.95

*Small side dish \$2.75

♥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

Homemade Granola

Served with Cream, 2% Milk or Skim Milk

\$5.95

Beverages

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

Lipton Tea, 2% Milk, Skim Milk or Hot Cocoa - \$2.00

Harney & Sons Silk Sachet Herbal Teas - \$3.00

Iced Tea or Lemonade - \$2.00

Cappuccino \$3.50 Espresso \$3.00

*Side Orders

Toast, Bagel, English Muffin - \$2.50 With Cream Cheese - \$2.95

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

Bacon, Ham or Sausage - \$3.00 Home Fries - \$2.50

Ask about our Homemade Jams!

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

Please refrain from using Cell Phones

~Breakfast Entrees~

Mirror Lake Inn Breakfast Sandwich

Two Scrambled Eggs Placed on a Toasted Croissant with Canadian Bacon and Swiss Cheese Served with a Side of Homefries

\$12.95

Mountain Poached Eggs

Two Poached Eggs atop a Potato Pancake Drizzled with a Red Pepper Coulis Finished with an Onion Hay

\$13.95

Adirondack Scrambled Eggs

Two Eggs Scrambled Mixed with Cream Cheese, Tomatoes and Fresh Chives Topped with Crispy Potato Hairs Served Your Choice of Toast, Bagel or English Muffin

\$11.95

stuffed French Toast

Peach and Cream Cheese Stuffed French Toast Served with Pure Adirondack Maple Syrup

\$12.95

Maypo Flapjacks

Our Mirror Lake Inn Flapjacks Sprinkled with Maypo Cereal Topped with a Maple Butter Finished with a Warm Apple Raisin Chutney Served with Pure Adirondack Maple Syrup

\$12.95

Pumpkin Pecan Belgian Waffle

Served with an Orange Marmalade Butter and Pure Adirondack Maple Syrup

\$13.95

Sausage Gravy and Biscuits

Fresh Baked Buttermilk Biscuit Topped with a Sausage Gravy

\$8.95

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

\$14.95

♥Ployes

A Healthy Alternative

Nutritious Buckwheat Flapjacks (No Fat, Cholesterol, Sugar, Eggs, or Butter)

\$11.95

Mirror Lake Inn Adirondack Flapjacks

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

\$11.95

Smoked Salmon

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

\$10.95

Farm Fresh Cooked Eggs Any Style

2 Eggs Served with Toast, Bagel or English Muffin \$7.95

With Ham, Bacon or Sausage \$10.95

1 Egg Served with Toast, Bagel, or English Muffin \$5.95

With Ham, Bacon or Sausage \$8.95

Omelet of The Day

A Different Omelet Featured Daily Served with Toast, Bagel or English Muffin

\$10.95

with Ham, Bacon or Sausage

\$13.95

Egg Whites and Egg Beaters are Available upon Request

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