

Good Mornina!

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 8.5

♥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
6

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.

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

~Breakfast Entrees~

Mirror Lake Inn Breakfast Sandwich

Two Scrambled Eggs Placed on a Toasted Croissant with Canadian Bacon,
Sliced Tomato and Cheddar Cheese Served with a Side of Homefries 13

Fried Poached Eggs

Two Poached Eggs Breaded and Fried then
Placed atop a Spinach Béchamel and Caramelized Tasso Ham 14

Scrambled Eggs

Two Eggs Scrambled with Steamed Asparagus, Spinach and Goat's Cheese
Accompanied with Home Fries and Your Choice of Toast, Bagel or English Muffin 12

Classic French Toast

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

Carrot Cake Flapjacks

Our Mirror Lake Inn Flapjacks Mixed with Shredded Carrot, Cinnamon, Nutmeg and Raisins
Finished with a dollop of Sweetened Cream Cheese and Walnuts
Served with Pure Adirondack Maple Syrup 13

Gingerbread Belgian Waffle

Served with Apple Butter and Pure Adirondack Maple Syrup 14

Sweetened Stuffed Crepes

Lightly Sweetened Cream Cheese Folded with Toasted Pecans Stuffed into Fresh Crepes
Finished with an Apricot Glaze and Fresh Berries 13

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

♥Ploves

A Health Alternative

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

Farm 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

Egg Whites and Egg Beaters are Available upon Request

Please refrain from using Cell Phones in the Restaurant.