

# The Post

All selections containing eggs are prepared with cage free eggs. Egg whites are also available.

## Breakfast Specialties

<b>Sunrise Breakfast*</b>	<b>\$16</b>
Two 'eggs your way', breakfast potatoes, choice of breakfast meat, choice of toast	
<b>Crab Cake Benedict*</b>	<b>\$18</b>
Crab cakes, poached eggs, spinach, hollandaise, breakfast potatoes	
<b>Biscuits &amp; Gravy*</b>	<b>\$16</b>
Two 'eggs your way', fresh baked biscuit, sausage gravy, choice of breakfast meat	
<b>Morning Flatbread</b>	<b>\$14</b>
Naan, scrambled eggs, bacon, roasted tomatoes, spinach, cheddar, Monterey Jack	
<b>Savory Oatmeal Bowl*</b> 	<b>\$13</b>
Oatmeal, poached egg, bacon, avocado, arugula, lemon vinaigrette	
<b>Bacon Cheddar Bowl</b>	<b>\$14</b>
Breakfast potatoes, scrambled eggs, bacon, onions, cheddar, multigrain toast	
<b>Acai Chia Pudding Bowl</b>  	<b>\$13</b>
Chia pudding with coconut milk, granola, bananas, blueberries, strawberries, honey, acai sorbet	
<b>Yogurt Parfait Bowl</b>  	<b>\$9</b>
Greek vanilla yogurt, bananas, strawberries, blueberries, toasted coconut flakes, honey, almond butter	

## Griddle

<b>Buttermilk Brioche French Toast</b>	<b>\$13</b>
Brioche, crème fraîche yogurt, lemon curd, berry compote	
<b>Buttermilk Pancakes</b> 	<b>\$13</b>
Tall stack, butter, warm maple syrup <i>ask server for today's list of optional add-ons such as berries, bananas or chocolate chips +\$3 each</i>	
<b>Classic Belgian Waffles</b> 	<b>\$13</b>
Butter, warm maple syrup <i>ask server for today's list of optional add-ons such as berries, bananas or chocolate chips +\$3 each</i>	





## Beverages

<b>Simply® Orange Juice</b>	<b>\$4</b>
<b>Coca-Cola® Assorted Chilled Juices</b>	<b>\$4</b>
<b>Coffee or Hot Teas</b>	<b>\$4</b>
<b>Coca-Cola® Fountain Beverages</b>	<b>\$4</b>
<b>Hot Chocolate</b>	<b>\$4</b>
<b>Espresso</b>	<b>\$4</b>
<b>Cappuccino or Latte</b>	<b>\$5</b>
<b>Sparkling Water</b>	<b>\$4</b>









## Handhelds & Toasts

<b>Grilled Steak &amp; Egg Burrito *</b>	<b>\$18</b>
Sirloin steak, scrambled eggs, chimichurri, breakfast potatoes, cheddar, tortilla, fresh fruit	
<b>Sandwich Your Way*</b>	<b>\$15</b>
One 'egg your way', choice of breakfast meat, choice of bread, sharp cheddar, breakfast potatoes	
<b>Bacon &amp; Egg Tacos</b>	<b>\$15</b>
Scrambled eggs, bacon, cheddar, Monterey Jack, sour cream, salsa, guacamole, flour tortillas	
<b>Veggie Tacos</b>	<b>\$14</b>
Scrambled eggs, spinach, mushrooms, onions, Monterey Jack, salsa, served in 3 flour tortillas	

## Omelets & Scrambles

<i>Served with choice of breakfast potatoes or fresh fruit and toast</i>	
<b>Build Your Own Omelet</b> 	<b>\$17</b>
Choose 3 from: bacon, sausage, ham, tomatoes, bell peppers, onions, mushrooms, cheddar, Monterey Jack	
<b>Denver Omelet</b> 	<b>\$17</b>
Smoked ham, bell peppers, caramelized onions, cheddar	
<b>Vegetarian Omelet</b>  	<b>\$15</b>
Broccoli, mushrooms, onions, bell peppers, tomatoes, cheddar	

## Sides

<b>Selection of Breakfast Meats</b> 	<b>\$5</b>
<b>Seasonal Fresh Fruit</b>  	<b>\$5</b>
<b>Selection of Cold Cereals</b>	<b>\$5</b>
<b>Selection of Toasted Breads</b> 	<b>\$3</b>
<b>Breakfast Potatoes</b> 	<b>\$3</b>
<b>Bagel w/Cream Cheese</b> 	<b>\$5</b>
<b>Two Eggs*</b> 	<b>\$5</b>
<b>Oatmeal</b> 	<b>\$5</b>
<i>ask server for today's list of optional add-ons such as berries, bananas or chocolate chips +\$3 each</i>	

## Cocktails & Zero Proof

<b>Mimosa</b>	<b>\$14</b>
LaMarca Prosecco, Simply® Orange Juice	
<b>Irish Coffee</b>	<b>\$14</b>
Fresh brewed coffee, Baileys Irish Cream, Jameson Irish Whiskey	
<b>PaNOma</b> <i>(non-alcoholic)</i>	<b>\$10</b>
Seedlip Grove 42, fresh grapefruit juice, fresh lime juice, house-made simple syrup, sea salt, Fever-Tree Club Soda	

**\*NOTICE: Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of food borne illness, especially if you have certain medical conditions.**



For parties of 6 or more, a 20% gratuity charge will be automatically added to the bill. Room Service Available: Press "Room Service" button on your phone to order. All room service orders have a 20% gratuity charge automatically added.

Morning



# Breakfast

**CROWNE PLAZA<sup>®</sup>**  
— BY IHG —