Begin

Chilled Orange or Grapefruit Juice 5.

Chilled Grapefruit 5.

Seasonal Fresh Fruit Plate 15.

Seasonal Berries
with chantilly cream 9.

Assorted Cereals with Fresh Fruit 8.

McCann's Irish Oatmeal 8.00
Fat 2g, Sat Fat 0g, Cholesterol 0mg, Carbs 26g, Protein 4g, Calories 150g

Almond Granola and Berry Parfait 9.

Freshly Baked Bagel
with cream cheese 6.

House Baked Muffins,
Danish or Croissants 6.

Selection of Yoplait Yogurts 6.

Hilton Eat Right nutritional values are determined through database analysis with the Food Processor SQL from ESHA Research, Inc., Salem, OR 97302 and available ingredient product data. This data is based on average serving size and standard portion guidelines. However, slight variations in nutritional values may occur due to seasonality, use of alternate suppliers, and menu item preparation.

Cholesterol is indicated in milligrams.

Classics

Full Breakfast Buffet

chilled juices, breakfast breads, fresh fruits,
country pork sausage, applewood smoked bacon,
country style potatoes and coffee or tea 22.

New England Breakfast*

Eat Right. Two farm fresh eggs with choice of
applewood smoked bacon or country pork sausage,
hash brown potatoes, toast, juice and coffee or tea 19.
Fat 49g, Sat Fat 23g, Cholesterol 445mg, Carbs 74g, Protein 30g, Calories 867.91g

Continental Breakfast

chilled juices, house baked muffin or breakfast bread,
fresh fruits and coffee or tea 16.

Personal Omelet Creations*

your choice of three farm fresh eggs,
egg beaters or egg whites 16.

MEATS

applewood smoked bacon • black forest ham
grilled herb chicken breast • chicken apple sausage
country pork sausage • chorizo

CHEESES

swiss • aged cheddar • brie
great hill blue • monterey jack • vermont goat

VEGETABLES

asparagus tips • artichoke hearts • roasted peppers
beefsteak tomatoes • caramelized vidalia onions
forest mushrooms • baby spinach

Eat Right. Fat 85g, Sat Fat 24g, Cholesterol 470mg, Carbs 132g, Protein 106g, Calories 1682g
(Ham, Jack Cheese, Caramelized Onion and Baby Spinach for analysis)

Specialties

Smoked Salmon*
CAPERS, SLICED ONIONS, BEEFSTEAK TOMATOES AND CREAM CHEESE, SERVED WITH A TOASTED BAGEL 18.
Fat 29g, Sat Fat 10g, Cholesterol 336.7mg, Carbs 79g, Protein 56g, Calories 770g

Hand Cut Corned Beef
TWO POACHED EGGS AND HAND CUT CORNED BEEF COMBINED WITH CRISPY HASH BROWN POTATOES 15.

Eggs Benedict*
TWO POACHED EGGS, CANADIAN BACON, TOASTED ENGLISH MUFFIN AND SAUCE HOLLANDAISE 19.

New York Steak & Eggs*
6 OZ. CERTIFIED ANGUS BEEF® BRAND SIRLOIN WITH TWO FARM FRESH EGGS, HASH BROWN POTATOES AND YOUR SELECTION OF TOAST 21.

Griddle

SERVED WITH VERMONT MAPLE SYRUP AND YOUR CHOICE OF APPLEWOOD SMOKED BACON, BLACK FOREST HAM, CHICKEN APPLE SAUSAGE OR COUNTRY PORK SAUSAGE

Griddle Breakfast
THREE PANCAKES, FRENCH TOAST or BELGIAN WAFFLE 12.

Crispy Whole Wheat French Toast
SEASONAL BERRIES AND BANANAS 14.

Blueberry Pancakes
PLUMP BLUEBERRIES AND BLUEBERRY SYRUP 14.
Fat 47g, Sat Fat 25g, Cholesterol 166mg, Carbs 139g, Protein 28g, Calories 1098g

Buttermilk Meyer Lemon Pancakes
POWDERED SUGAR, VERMONT CITRUS MAPLE BUTTER 14.

Liquids

Pot of Coffee or Decaffeinated Coffee 3.
Revolution Tea 3.
Cappuccino / Café Latte 4. Espresso 3.
Hot Chocolate 3.
Milk 3. Soda 3. Bottled Water 3.

Sides

Breakfast Meats
COUNTRY PORK SAUSAGE, APPLEWOOD SMOKED BACON OR GRILLED BLACK FOREST HAM 5.

Hash Brown Potatoes 4.

**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.*