



Classics

Omelet's *three eggs served with potatoes and choise of toast*

Western Style 17
country ham, onion, bell pepper
smoked cheddar

Market Veggie 16
spinach, peppers, onions,
grape tomato, crumbled feta

Wild Mushroom 17
mixed mushrooms, caramelized onions,
spinach, aged gruyere

Farmers Choice 18
bacon, country ham,
breakfast sausage, smoked cheddar

**SeaSalt Signature
Seafood Omelet 22**
asparagus, tomato, scallion,
lump crab, shrimp, hollandaise

American Breakfast 16

two eggs any style, served with home fries,
choice of meat & toast

Biscuits and Gravy 16

creamy sausage gravy served over southern style biscuit

Spanish Style Avocado Toast 17

pico de gallo, petite greens, cotija cheese,
toasted seeds on thick wheat

Healthy Start 16

three eggs whites, fresh fruit, dressed greens
tossed in a citrus vinaigrette

Smoked Salmon Platter 21

jersey tomatoes, onion, capers, toasted bagel,
cream cheese, chives

Yogurt Banana Split 16

vanilla yogurt, roasted granola,
seasonal berries, whipped cream, caramel drizzle

Caramelized Half Grapefruit 8

bruleed sugar in the raw

Cinnamon Oatmeal 9

made with whole milk, cinnamon, raisons
add berries 3

Seasonal Fruit Bowl 14

assortment of fresh seasonal fruit

Additions

roasted house made granola 4
fresh seasonal fruit 8
home fries 6





The Skillets

Italian Skillet 16

mild sausage, roasted pepper & tomatoes, parmesan, focaccia

Mediterranean Skillet 17

spinach, tomato, crumbled feta, olives, mediterranean herbs & spices

Steak & Egg Skillet 31

two eggs sunny side up, parmesan, garlic steak bites, potatoes, caramelized onions & mushrooms

Breakfast Sides

Baked Goods

toasted bagel 5
english muffin 5
croissant 7
toast - white, wheat or rye 4

Breakfast Meats 5

turkey bacon,
turkey sausage, bacon,
canadian bacon, sausage, ham

The Benny's

Classic Eggs Benedict 16

toasted english muffin, hollandaise sauce, canadian bacon, served with homefries

Norwegian Style Eggs Benedict 18

toasted english muffin, hollandaise sauce, smoked salmon, served with homefries

Southern Style Eggs Benedict 17

southern biscuit, sausage gravy, hollandaise drizzle, country style ham, served with homefries

Off the Griddle

Texas Cut French Toast 14

add seasonal berries 3

Buttermilk Pancakes 13

add chocolate chips, bananas or blueberries 3

Belgian Waffle 14

add seasonal fruit 3

