



## Classics

### Omelets

*three eggs served with potatoes and choice 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 Bennys*

### **Classic Eggs Benedict 16**

toasted English muffin, hollandaise sauce, Canadian bacon, served with home fries

### **Norwegian Style Eggs Benedict 18**

toasted English muffin, hollandaise sauce, smoked salmon, served with home fries

### **Southern Style Eggs Benedict 17**

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

## *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

