

# CANYON BREEZE

AT RED MOUNTAIN RESORT

## BREAKFAST BUFFET

SEASONAL FRESH FRUIT

GF/DF

ASSORTED YOGURTS

GF

CANYON BREEZE MUESLI

1/2 cup = 270/55/10/5/7

FRESH BAKED BREAKFAST BREADS

STEEL CUT OATMEAL

1/2 cup = 100/13/5/2/5 V/GF/AI/DF

BREAKFAST POTATOES

1/2 cup = 70/13/2/2/1 V/GF/AI

FRESH VEGETABLE SCRAMBLE

1/2 cup = 144/3/11/10/1 GF

MULTIGRAIN PANCAKES

2 pancakes = 120/24/5/1/3

TURKEY SAGE SAUSAGE PATTY

2 oz. patty = 112/12/6/5/1 GF/DF



Nutrition Key: Calories/Carbohydrates (g)/Protein (g)/Fat (g)/Fiber (g)

GF=Gluten Free DF=Dairy Free AI=Anti-Inflammatory V=Vegan

Menu pricing applies to guests on à la carte packages.

A 15% gratuity will be added to all à la carte purchases.

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1/2 cup = 270/55/10/5/7

FRESH BAKED BREAKFAST BREADS

STEEL CUT OATMEAL

1/2 cup = 100/13/5/2/5 V/GF/AI/DF

SCRAMBLED EGGS WITH FRESH HERBS

1/2 cup = 120/1/9/8/0 GF

APPLE MAPLE CHICKEN SAUSAGE\*

1 piece = 50/0/5/3/0 GF/DF \*contains pork

CINNAMON RAISIN FRENCH TOAST

1 slice = 166/15/10/7/2 DF

HASH BROWNS

1/2 cup = 85/11/2/5/1 GF/V/AI



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FRESH BAKED BREAKFAST BREADS

STEEL CUT OATMEAL

1/2 cup = 100/13/5/2/5 V/GF/AI/DF

BREAKFAST POTATOES

1/2 cup = 70/13/2/2/1 V/GF/AI

SCRAMBLED EGG, GREEN CHILE & CHEESE BREAKFAST QUESADILLAS

per piece = 148/11/11/4/4

BLUEBERRY OAT PANCAKES

2 pancakes = 78/22/7/trace/7

CHICKEN-TURKEY CHORIZO SAUSAGE LINK\*

per piece = 50/0/5/3/0 GF/DF \*contains pork



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FRESH BAKED BREAKFAST BREADS

STEEL CUT OATMEAL

1/2 cup = 100/13/5/2/5 V/GF/AI/DF

SCRAMBLED EGGS

1/2 cup = 170/1/14/13/0 GF

HASH BROWNS

1/2 cup = 85/11/2/5/1 GF/V/AI

GLUTEN FREE BANANA PANCAKES

2 pancakes = 78/22/7/trace/7 GF

APPLEWOOD SMOKED BACON

per piece = 59/0/2/6/0 GF/DF



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FRESH BAKED BREAKFAST BREADS

STEEL CUT OATMEAL

1/2 cup = 100/13/5/2/5 V/GF/AI/DF

SCRAMBLED EGG CHILAQUILES

1/2 cup = 180/10/11/11/1 GF

BREAKFAST POTATOES

1/2 cup = 70/13/2/2/1 V/GF/AI

PRETZEL BREAD FRENCH TOAST

per piece = 141/21/6/2/2

TURKEY BACON

per piece = 35/0/2/3/0 GF/DF



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STEEL CUT OATMEAL

1/2 cup = 100/13/5/2/5 V/GF/AI/DF

GARDEN VEGETABLE FRITTATA

1/2 cup = 143/4/11/10/2 GF

BREAKFAST POTATOES

1/2 cup = 70/13/2/2/1 V/GF/AI

SPROUTED GRAIN PANCAKES

2 pancakes = 170/33/5/2/3

ANDOUILLE CHICKEN SAUSAGE\*

per peice = 50/0/5/3/0 GF/DF \*contains pork



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STEEL CUT OATMEAL

1/2 cup = 100/13/5/2/5 V/GF/AI/DF

SCRAMBLED EGGS

1/2 cup = 163/1/14/13/0

GRIDDLED HASH BROWNS

1/2 cup = 100/13/5/2/5 GF/V/AI

SWEET POTATO PANCAKES

2 pancakes = 128/26/5/1/3

APPLEWOOD SMOKED BACON

per piece = 59/0/2/6/0 GF/DF



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