

# GOLDEN DOOR

THE BOULDERS RESORT

## Spa Café Breakfast

Hours 7:30am-11am

All eggs are served with sides of salsa fresca and a fresh fruit salad

	Cal	Fat	Pro	Carb	
<b>Steel Cut Irish Oatmeal</b>	10	398	3	13	86
Skim Milk, Toasted Almonds, Golden Raisins, Brown Sugar					
<b>Yogurt and Berries</b>	10	189	2	4	22
Boulders Granola, Seasonal Berries, Vanilla Yogurt, Honey					
<b>Fruit Plate</b> ☯	12	120	2	2	49
Mixed Fruits, Berries, Honey Yogurt					
<b>Egg White Omelet with Herbs</b> ☯	13	136	6	14	8
Asparagus, Goat Cheese, Herbs					
<b>Egg Beaters Omelet</b> ☯	13	190	8	12	9
Egg Beaters, Peppers, Onions, Mozzarella Cheese					
<b>Granola French Toast</b>	13	329	4	6	65
Seasoned Berries, Granola, Agave Nectar					
<b>Pastrami Cured Smoked Salmon</b> ☯	14	200	9	20	0
Cucumber Coins, Low-Fat Dill Cream Cheese, Capers, Red Onion, Lemon, Tomato					
<b>Whole Wheat Crêpe</b>	14	128	5	12	8
Spinach, Tomato, Portabello Mushrooms, Feta Cheese, Yellow Pepper Coulis					
<b>Spa Eggs Benedict*</b> ☯	14	246	8	18	31
Smoked Turkey, Tomato, Avocado, Yellow Pepper Hollandaise					
<b>Two Eggs Any Style with Toast*</b>	15	329	4	6	65
Tecate Toast, Choice of Chicken Sausage or Turkey Bacon					
<b>Multi-Grain Bagel or Tecate Toast</b>	4	120	1	6	23
Boulders Jam, Light Cream Cheese, Butter, Honey					
<b>Low-Fat Fresh Baked Muffin</b>	3				
<b>Low-Fat Fresh Breakfast Bread</b>	6				
<b>Slice</b>	3				
<b>Cereals</b>	6				
Granola, Assorted Kashi Cereals with Milk or Yogurt					
<b>Side of Chicken Apple Sausage</b>	6	160	7	16	7
<b>Turkey Bacon</b>	6	35	3	2	0

~Please ask your Server for additional Vegetarian Options available~

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**Golden Door Classics**  
from the "Golden Door Cookbook"

☯ Gluten Free Preparation

\* These items may be cooked to order. Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions

Please note that 19% gratuity will be added to parties of 6 or more.