










# Spa Cafe

## Breakfast Menu



Cal • Fat • Pro • Carb

	<b>Berry and Cantaloupe Parfait</b> Yogurt Cream, Seasonal Berries, Cantaloupe	\$9	189 • 2 • 4 • 22
	<b>Fresh Fruit Plate</b> Mixed Fruits and Berries with Coconut-Lemon Yogurt Dip	\$12	225 • 2 • 2 • 49
	<b>Steel Cut Irish Oatmeal</b> Skim Milk, Toasted Almonds, Golden Raisins, Choice Of Brown Sugar or Honey	\$11	398 • 3 • 13 • 86
	<b>Egg White Omelet with Herbs</b> Roasted Asparagus, Fresh Salsa, Goat Cheese	\$13	136 • 6 • 14 • 8
			
	<b>Egg Beaters Omelet</b> Roasted Peppers, Onions, Broccoli, Pepper Jack Cheese	\$14	220 • 7 • 16 • 8
			
	<b>Soft Poached Eggs</b> Miso Soup, Shiitake Mushrooms, Silken Tofu, Vermicelli Rice Noodles	\$12	250 • 9 • 13 • 28
	<b>Egg Florentine</b> Smoked Turkey, Spinach, Whole Wheat Muffin, Yellow Pepper Sauce	\$14	246 • 8 • 18 • 31
	<b>French Toast</b> Seasonal Berries, Partida Agave Nectar	\$12	329 • 5 • 6 • 65
	<b>Multi-Grain Bagel or Tecate Toast</b> Boulders Jam, Butter or Light Cream Cheese	\$4	120 • 1 • 6 • 23
	<b>Low-fat Fresh Baked Muffin</b>	\$3	145 • 4 • 3 • 27
	<b>Low-fat Breakfast Bread</b>	\$6	257 • 5 • 6 • 48
	<b>Cereals</b> Boulders Granola & Assorted Kashi Cereals with Milk or Yogurt	\$6	
	<b>Add Berries</b>	\$4	
	<b>Side of Chicken-Apple Sausage or Turkey Bacon</b>	\$6	

GOLDEN DOOR  
THE BOULDERS RESORT

Golden Door Classics  
from "Golden Door Cooks  
at Home" Cookbook  
by Chef Dean Rucker

 **Gluten Free Preparation**

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