



& Appalachian Trail Adventures

Hiker's Breakfast Entrées

Please circle one entrée: Entrées include coffee or tea, and your choice of juice, starter and side from below.

Hot oatmeal served with apples, raisins and walnuts with fresh fruit (Gluten free available)

Whole wheat cinnamon french toast with fresh fruit and real Vermont Maple syrup and local butter

Vermont's King Arthur Flour protein pancakes (14g of plant-based protein!) either plain or blueberry with fresh fruit and real Vermont Maple syrup and local butter (Gluten free available)

Two eggs, any style (please circle); scrambled, sunny side up, over easy or over hard, whole wheat toast with local Cabot butter and fresh fruit. Egg whites and cheddar cheese are available upon request

Granola and dried fruit with milk

Assorted dry cereal served with cold milk and fresh fruit

Please circle a juice: Orange • Apple • Cranberry • Tomato • Grapefruit

Please circle one starter: Fruit Cup or Green Mountain Creamery's Non-Fat Yogurt
Plain • Blueberry • Maple

Please circle one side: Vegetable Patty • Turkey Sausage • Sausage • Bacon

Consuming raw or undercooked meats, poultry, seafood, or eggs may increase your risk of food borne illness, especially if you have certain medical conditions.

Dietary Restrictions or special request:

Name: _____ Room #: _____