

# THE IRONS

## GOOD MORNING!

Welcome to The IRONS

Our sumptuous breakfast buffet features the following:

### NOURISH ME STATION

#### creamy yogurt

fresh melons | pineapple | strawberries

### OATMEAL STATION

#### warmed organic steel cut oatmeal

brown sugar | raisins | dried cranberries

### THE REGIONAL STATION

#### atlantic smoked salmon

capers | onions | tomatoes

### WARM PREPARATIONS

**farm fresh scrambled eggs**

**applewood smoked bacon**

**pork sausage**

**buttermilk pancakes**

**morning potatoes**

### BAKERY

**freshly baked pastries**

**muffins**

**croissants**

**bagels**

**artisan breads**

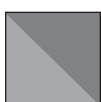
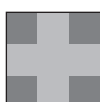
white | wheat | rye

the complete

15

the continental

10



# THE IRONS

## BREAKFAST BAR

**the complete** 15  
Enjoy our full buffet selection of fruits, cereals, yogurt and fresh baked breakfast breads, hot dishes, juices, coffee or tea. Ask your server about made-to-order eggs and omelettes.

**the continental** 10  
Enjoy our selection of fruits, cereals, yogurts, fresh baked breakfast breads from the buffet, juices, coffee or tea

## BREAKFAST SELECTIONS

**heart of mystic\*** 15  
two poached eggs | english muffin | canadian bacon hollandaise | breakfast potatoes or fresh fruit  
butter poached lobster +8

**the hilton classic\*** 12  
two eggs any style | bacon or sausage  
breakfast potatoes or fresh fruit and toast

**egg & veggie wrap\*** 12  
fresh vegetables | scrambled eggs | monterey jack cheese flour tortilla | breakfast potatoes or fresh fruit

**stuffed french toast** 12  
challah bread | strawberries | bananas  
warmed vermont maple syrup

**buttermilk pancakes** 11  
plain | blueberry | strawberry | banana | chocolate chip

**crispy corned beef hash\*** 11  
two eggs any style atop corned beef hash  
selection of toast | english muffin | bagel

**atlantic smoked salmon** 14  
ny bagel | red onion | capers | tomato | cream cheese

## OMELETTES À LA CARTE

**create your three egg omelette** 13  
choice of fillings  
bacon | sausage | ham | onions | peppers | jalapeños  
mushrooms | tomatoes | baby spinach | olives  
basil | swiss | american | cheddar | goat cheese  
with breakfast potatoes or fresh fruit and toast

## BAKERIES | CEREALS FRUIT | YOGURT

**basket of fresh pastries** 5  
an assortment of fresh baked pastries with butter and jam

**mystical fruit bowl** 8  
fresh fruit and seasonal berries | fruit yogurt  
seasonal fruit muffin

**"nourish me" yogurt + fruit parfait** 7  
low fat yogurt layered with granola | honey | seasonal fresh fruit

**oatmeal** 3  
raisins and brown sugar

**cold cereal selection** 3

## À LA CARTE

**one egg and toast** 4

**two eggs and toast** 6

**breakfast potatoes** 3

**fresh fruit bowl** 6

**seasonal fresh berries** 4

**low fat fruit yogurt** 4

**ham | bacon | sausage | turkey sausage** 4

**bagel with cream cheese | english muffin | toast** 3

**fried egg sandwich** 6

## REFRESHMENTS

**selection of assorted tea** 3  
herbal or black tea

**freshly brewed coffee** 3  
regular | decaffeinated

**hot chocolate with whipped cream** 3

**chilled fruit juice** 3  
orange | apple | cranberry | tomato | grapefruit

**milk** 3  
whole | skim

*\* Menu items are cooked to order, and may be served raw or undercooked. Consuming raw or undercooked meats, shellfish, poultry, or eggs may increase your chances of contracting food borne illness.*

*If you have any special dietary restrictions, please ask a member of our service team and we will be happy to accommodate your request.*

