



BEVERAGES

FRESHLY BLENDED SMOOTHIES 8

ESSENTIALS SMOOTHIE (D)
Banana, Strawberries, OJ,
Vanilla Yogurt

MIAMI SMOOTHIE
Coconut Milk, Banana, Papaya,
Mango, Pineapple Juice

HOUSE-PRESSED JUICES 8

THE DETOX
Beet, Carrot, Ginger, Lemon

THE REFRESHER
Pineapple, Apple, Melon,
Cucumber, Kale, Lime

JUICES 4
Orange, Grapefruit, Tomato,
Apple, Pineapple, Cranberry

EVIAN WATER 8

FERRARELLE SPARKLING 8

SOFT DRINKS 4

COFFEES & TEAS

**LAVAZZA TIERRA
SUSTAINABLE COFFEE 5**

ORGANIC TEA 5

MILK, CHOCOLATE MILK 5

HOT CHOCOLATE 5

ESPRESSO 4

CAPPUCCINO, LATTE 6
Extra shot of Espresso 3

**THE PALMS SIGNATURE
BLACK OR GREEN PASSION
ICED TEA 3**

À LA CARTE BREAKFAST

LIGHT

VEGAN OATMEAL (N) 12
Toasted Pecans, Almond Milk, Dried Cranberries

SEASONAL FRESH FRUIT PLATE 10
Add Side of Greek or Vanilla Yogurt 4

BAGEL AND LOX (GL) 16
Smoked Salmon, Toasted Bagel, Cream Cheese,
Red Onion, Tomato, Cucumber, Capers, Arugula

GREEK YOGURT PARFAIT (GL, N) 8
Granola and Fresh Berries

AVOCADO TOAST (GL - GF upon request) 10
Sourdough Bread, Roasted Tomato, Radish, Arugula
Add 2 Poached Eggs 4

CEREAL AND MILK (GL, N) 6
Choice of Raisin Bran, Rice Krispies, Granola,
Frosted Flakes with Option of Whole Milk, Skim Milk,
Soy Milk or Almond Milk

SWEET

CONTINENTAL BREAKFAST (GL - GF upon request) 15
Fresh Fruit, Muffin, Croissant, Danish,
Choice of Toast, Butter and Jam

BELGIAN WAFFLES (GL) 15
Fresh Strawberries, Mascarpone Whipped Cream

BUTTERMILK PANCAKES (GL) 16
House-made Blueberry Compote, Pure Maple Syrup

CHALLAH FRENCH TOAST (GL) 14
Macerated Strawberries, Pure Maple Syrup

CONTAINS
(GL) GLUTEN | (N) NUTS

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

AN 18% SERVICE CHARGE AND APPLICABLE SALES TAX WILL BE ADDED TO YOUR CHECK

À LA CARTE BREAKFAST

HEARTY

* Served with Crispy Hash Brown Potatoes and Mixed Greens

* **ALL AMERICAN BREAKFAST** (GL - GF upon request) **18**
Two Eggs Any Style, Choice of Maple Smoked Bacon, Pork Thyme Sausage or Chicken-Apple Sausage, Choice of Toast

* **THREE EGG OMELET** (GL - GF upon request) **18**
Eggs or Egg Whites with choice of 3:
Cheddar, Feta, Swiss, Goat Cheese, Spinach, Mushrooms, Asparagus, Onions, Tomatoes, Bell Peppers,
Ham, Maple Smoked Bacon, Chicken-Apple Sausage, Choice of Toast

VEGAN TOFU HASH (GL) **12**
Turmeric Seasoned Tofu, Beyond Meat and Sweet Potato Hash, Spinach, Sliced Tomato and Avocado Salad

BREAKFAST BURRITO (GL) **14**
Spinach Tortilla, Scrambled Eggs, Cheddar Cheese, Bell Peppers, Grilled Corn, Green Onions, Guacamole, Pico de Gallo

* **WHOLE WHEAT CROISSANT SANDWICH** (GL) **16**
Scrambled Eggs, Swiss Cheese, Avocado, Sliced Tomato

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SIDES

CHOICE OF SOURDOUGH, MULTI-GRAIN, OR GLUTEN FREE TOAST (GL) **4**

TWO PASTRIES OR MUFFIN (GL) **5**

BAGEL & CREAM CHEESE (GL) **6**

SIDE OF MIXED FRUIT **6**

CRISPY HASH BROWNS **5**

MAPLE SMOKED BACON **5**

CHICKEN-APPLE SAUSAGE **5**

GREEK OR VANILLA YOGURT **4**

AVOCADO **5**



OCEAN FRIENDLY RESTAURANTS

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