



BIG MEADOWS LODGE

Spottswood Dining Room

**BREAKFAST
GOOD MORNING!**

- EYE OPENERS -

SELECTION OF COLD CEREALS	\$ 2.50
<i>Add seasonal berries</i>	\$ 1.25
HOT CEREAL	\$ 3.50
<i>Traditional oats, milk, raisins and brown sugar or local wildflower honey</i>	
HOUSE-MADE GRANOLA	\$ 4.25
<i>Mixture of toasted organic oats, dried fruits, nuts and wildflower honey</i>	
FRESH FRUIT SMOOTHIE	\$ 3.95
<i>Low fat yogurt, bananas, strawberries, honey, orange juice and wheat germ</i>	
SEASONAL FRUIT CUP	\$ 2.95

- BAKERY SELECTIONS -

Breakfast Muffin	\$ 2.25
Cinnamon Roll	\$ 2.50
Bagel with Cream Cheese	\$ 2.95
Toast with Jelly	\$ 1.95
English Muffin	\$ 1.95

- BEVERAGES -

Small Juice	\$ 1.75	Large Juice	\$ 2.55
<i>Apple, Orange, Cranberry & Tomato</i>			
Hot Chocolate	\$ 1.95	Chocolate Milk	\$ 1.95
Milk - Whole or 2%	\$ 1.75	Hot Tea	\$ 1.75
Spring Water	\$ 2.50	Herbal Tea	\$ 1.95

Starbucks Coffee \$ 2.00

Regular or Decaffeinated

- FROM THE GRIDDLE -

Whipped butter, choice of maple or blackberry syrup

Add blueberries, strawberries or warm apple topping to any of the following \$ 1.75

BUTTERMILK OR BUCKWHEAT HOT CAKES

Tall Stack \$ 5.50 Short Stack \$ 4.95

MALTED WAFFLE

Classic waffle, maple or blackberry syrup

\$ 5.95

CINNAMON FRENCH TOAST*
Griddled, Egg Battered Texas Toast
\$ 4.95

- BREAKFAST SPECIALTIES -

*Eggbeaters or egg whites available upon request
 We use non-cholesterol oil in frying, margarine available upon request*

SHENANDOAH SOUTHERN SAMPLER* **\$ 7.95**
Two farm fresh eggs any style, breakfast potatoes, choice of smoked ham, bacon or sausage, with biscuit and sausage gravy

HEALTHY HIKER* **\$ 7.25**
Scrambled Eggbeaters or egg whites, fruit kabob, turkey bacon and low fat muffin

BISCUITS AND GRAVY* **\$ 5.95**
Baked buttermilk biscuit topped with our sausage gravy

HAWKSBILL* **\$ 7.50**
Two farm fresh eggs, any style, breakfast potatoes, served with Virginia ham and choice of toast or English muffin

EGGS APPALACHIAN* **\$ 9.95**
Baked buttermilk biscuit topped with seared sliced tomato, wilted spinach, Canadian bacon, poached eggs and Hollandaise sauce served with breakfast potatoes

BLUE RIDGE OMELET* **\$ 6.25**
Three eggs with cheddar and jack cheeses served with breakfast potatoes

OMELET ADDITIONS

Mushroom, Tomato, Red Onion, Bell Pepper, Spinach, Ham, Bacon, Sausage

\$.75 each

- SIDES -

Apple Smoked Bacon or Sausage	\$ 3.95
Turkey Bacon	\$ 2.95
Smoked Ham	\$ 3.95
Country Ham	\$ 4.95
Corned Beef Hash	\$ 2.95
1 Egg	\$ 1.95
2 Eggs	\$ 2.55
Grits	\$ 1.95
Breakfast Potatoes	\$ 1.95

