SKYLAND RESORT

# Pollock Dining Room

## BREAKFAST

GOOD MORNING!

### ~ EYE OPENERS ~

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

### ~ 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** |
| Apple, Orange, Cranberry & Tomato | | | |
| **Hot Chocolate** | **$ 1.65** | **Chocolate Milk** | **$ 1.95** |
| **Milk –** Whole or 2% | **$ 1.75** | **Hot Tea** | **$ 1.75** |
| **Spring Water** | **$ 2.50** | **Herbal Tea** | **$ 1.95** |

**We Proudly Brew Starbucks Organic Coffee $ 2.00**
Regular or Decaffeinated

### ~ FROM THE GRIDDLE ~

*Served with whipped butter and 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**
**$ 5.95**

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

# Skyland Resort
# *Pollock Dining Room*

## ~ 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 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** **$ 9.25**
*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 | $ 2.50 |
| Turkey Bacon | $ 2.95 |
| Smoked Ham | $ 3.95 |
| Country Ham | $ 4.95 |
| Corned Beef Hash | $ 2.95 |
| 1 Egg | $ .95 |
| 2 Eggs | $ 1.75 |
| Grits | $ 1.95 |
| Breakfast Potatoes | $ 1.95 |

Massanutten Lodge
Home of Addie Nairn Pollock
Circa 1914

3.09.10