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 ALL DAY MENU 

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## BREAKFAST 15

Oatmeal with blueberries and sweet potatoes

Cottage cheese with pineapple and banana

Scrambled eggs with spinach

## STARTERS 15

Crudit  of carrots, cauliflower, parsley and celery

Cheese plate with sliced apples, blueberries and blackberries

## ENTR ES 20

Ground beef with steamed green beans and potatoes

Salmon with cucumber, apple and spinach

Poached chicken with white rice and parsley

## TREATS 8

Peanut Butter Cookies

Bacon Cheddar Biscuits

Apple Pear Crisps