SATURDAY BREAKFAST BUFFET

MIND, BODY, AND SOUL

BAKED GOODS

Whole Wheat Croissants, Bran Muffins, Fruit Preserves, and Butter (V)

OATMEAL & FRUIT

Steel Cut Oatmeal with Berries, Nuts and Dried Cranberries (GF) (VG)

PROTEINS

Assorted Yogurts (GF) (V)
Cage Free Scrambled Eggs (GF)
Chicken Apple Sausage (GF)
Applewood Smoked Bacon (GF)

SWEET POTATO HASH

Roasted Sweet Potato Hash with Petite Kale (GF) (VG)

BEVERAGES

Fresh Squeezed Orange Juice, Fresh Brewed Coffee, Decaf, Herbal Teas, Infused Water

