



MAYFLOWER
Inn & Spa

MAYFLOWER INN & SPA BREAKFAST MENU

BEVERAGES

Lavazza arabica coffee	6
Forte tea selection	6
Valrhona dark hot chocolate	8
Jicama and apple spa juice with honey	8
Hand squeezed juices	8
Ruby red grapefruit	8
Florida orange	8
Blood orange juice	8
Basket of Mayflower Pastries with Select Preserves	11
Ruby red grapefruit	8
Seasonal Fruit Selection	11
House Made Granola with Dried Fruit	
Quinoa, artisanal Greek yogurt	12
Bircher Muesli *	
Agave nectar, flaxseed, peaches, grated carrot, sultanas, whipped yogurt	13
John McCann's Irish Oatmeal *	
Dried blueberries, raw cane sugar, cinnamon	12
Cereals	
Raisin Bran	8
Corn Flakes	
Special K	

Wallkill Farms Smoked Salmon

Grilled flatbread, dill crème fraiche, red onion, tomato, cornichons, hard boiled quail egg 17

Vanilla Bean and Ricotta Pancakes

Apple butter, micro mint, caramelized walnuts and apple 13

Egg White Omelet *

Spinach, fine herbs, wild mushrooms, tomato relish, New England goat cheese, field greens 16

House Made Pilgrim Brioche "French Toast"

Cinnamon butter, New England maple syrup, orange segments, strawberries 13

Brown Butter Scrambled Eggs

Johnston Country Smokehouse ham, mustard greens, bacon cheddar biscuit 20

New England Farm Eggs

As You Like Them

Nodine's applewood smoked bacon, mixed greens, Mayflower potatoes and toast 17

Chorizo & Eggs

Poached eggs, corn tomatillo, queso, cilantro 17

Sides

- Nodine's applewood smoked bacon
- Mayflower breakfast potatoes
- Local pork & apple sausage
- Sautéed spinach & lemon zest
- Nodine's country cured ham

Spa inspired *

State of Connecticut regulation section 19-13-B42

Cooking meats, poultry, seafood, shellfish, or eggs reduces the risk of food borne illness