

The Lowell

NEW YORK

The Pembroke Breakfast

“Eat breakfast like a king, lunch like a prince, and dinner like a pauper.”

Adelle Davis (1904-1974)

an American pioneer in the fledgling field of nutrition

CONTINENTAL BREAKFAST 31

Choice of Freshly Squeezed Juices

Basket of Assorted Breakfast Pastries & Breads

Sweet Butter, Imported Jams, Marmalade & Honey

Freshly Brewed Coffee, Hand-Picked Teas or Hot Chocolate

FULL ENGLISH BREAKFAST 39

Choice of Freshly Squeezed Juices

Eggs Prepared to Your Liking with Apple wood Smoked Bacon,

Traditional Bangers, Grilled Tomato & Mushrooms

English Muffins, Sweet Butter, Imported Jams, Marmalade & Honey

Freshly Brewed Coffee, Hand-Picked Teas or Hot Chocolate

THE HEALTHY OPTION 35

Choice of Freshly Squeezed Juices

Mixed Fruit Salad with a hint of Madagascar Vanilla Bean

Multi-Grain Rolls, Imported Jams, Marmalade & Honey

Freshly Brewed Coffee or Hand-Selected Tea

WAFFLES AND PANCAKES

Belgian Waffle 17

Old fashioned Buttermilk or Whole Wheat Griddlecakes 17

Blueberry, Chocolate Chip or Mixed Berry Griddlecakes 19

Brioche French Toast with Berries or Bananas 19

Served with Butter & Maple Syrup

EGG SPECIALTIES

Eggs Royal Benedict 26

with Canadian Bacon, Shaved Truffle and Sauce Hollandaise on a toasted English Muffin

The Lowell Benedict 28

with Artisan Smoked Salmon and Vine-Ripe Tomato on a toasted English Muffin

Eggs Isabella 31

Farm Eggs Scrambled Soft with Truffle, Served In-Shell with Caviar

Two Fresh Organic Eggs Prepared to Order 15

Two Eggs with a Choice of Virginia Ham, Apple wood Smoked Bacon, 20

Turkey Bacon, Breakfast Sausage, Chicken Apple Sausage, or Canadian Bacon

Country Omelet with Black Forest Ham and Vermont Cheddar Cheese 20

Mediterranean Omelet with Feta Cheese, Tomatoes and Spinach 21

Egg White Omelet 19

Extra Filling 4/each

SIDES 10

Choice of Virginia Ham, Applewood Smoked Bacon, Turkey Bacon,

Breakfast Sausage, Chicken Apple Sausage, Canadian Bacon or

Hash-Brown Potato

FRESH FRUIT, YOGURTS AND CHEESE

<i>Ruby Red Grapefruit</i>	11
<i>Seasonal Melon</i>	13
<i>Sliced Pineapple</i>	13
<i>Papaya or Mango</i>	12
<i>Bowl of Seasonal Berries</i>	15
<i>Fruit Salad with a hint of Madagascar Vanilla Bean</i>	15
<i>Seasonal Sliced Fruit & Berry Plate</i>	19
<i>Stewed Prunes</i>	9
<i>Organic Low-Fat Yogurt</i>	8
<i>Organic Low-Fat Yogurt with Fresh Fruits</i>	15
<i>Thinly sliced Black Forest Ham & Artisan Cheeses</i>	27
<i>served with Baguette & Breads</i>	

CEREALS

<i>Selection of Dry Cereals with Choice of Milk or Cream</i>	9
<i>with Seasonal Berries</i>	13
<i>with Sliced Bananas</i>	11

<i>Irish Oatmeal, Spiced Oatmeal or Cream of Wheat</i>	11
<i>with Seasonal Berries</i>	15
<i>with Sliced Bananas</i>	13
<i>with Diced Apples, Pears and Cranberries</i>	14

all served with Milk or Cream, Golden Raisins and Brown Sugar

Granola or Swiss Muesli, with Banana, Berries, Yogurt & Honey 17

ASSORTED FRESHLY PREPARED BREADS AND BREAKFAST PASTRIES

Served with Sweet Butter, Imported Jams, Marmalade & Honey

<i>Basket of Toast Triangles</i>	7
<i>Seven Grain, Whole Wheat, White or Rye</i>	

Croissant, Toasted English Muffins, Seven Grain, Raisin Nut Rolls, Assorted Muffins 8
Almond Croissant, Pains au Chocolat, Brioche, Danish Pastries, Scones 9

<i>Toasted Bagel</i>	8
<i>Toasted Bagel with Cream Cheese</i>	10
<i>Choice of Wheat, Plain or Sesame</i>	

Basket of Assorted Breads & Breakfast Pastries 13

New York Bagel with Smoked Salmon and Cream Cheese 19

BEVERAGES

<i>Freshly Brewed Lavazza Coffee (Regular or Decaffeinated)</i>	10
<i>Cappuccino, Café au Lait</i>	10
<i>Espresso</i>	9
<i>Selection of Fine Exquisite Lowell Blended Teas</i>	10
<i>Hot or Cold Milk</i>	9
<i>Hot Chocolate</i>	10
<i>Choice of Fresh Squeezed Orange, Grapefruit, or Carrot Juice</i>	11
<i>Freshly Squeeze Melon or Pineapple Juice</i>	15
<i>Pineapple, Apricot, Tomato, V8 or Cranberry Juice</i>	9
<i>Fresh Fruit and Yoghurt Smoothie</i>	13