

BREAKFAST

- MENU -

HEALTHY STARTS

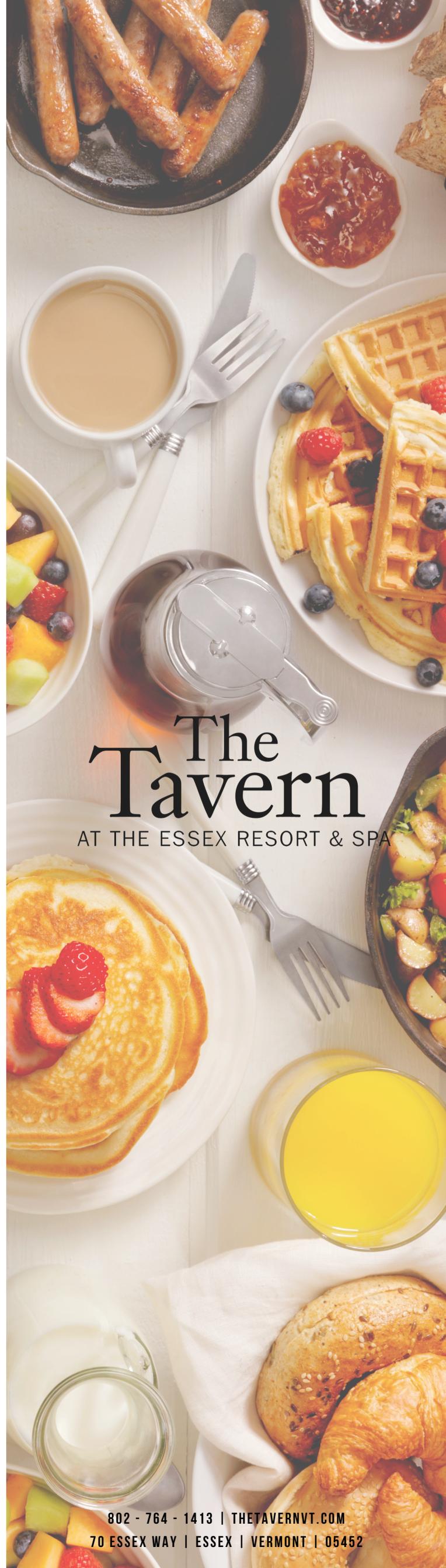
FRESH FRUIT PLATE	\$9
seasonal assortment of fruits and berries	
YOGURT & CROISSANT	\$10
fresh berries, creamy yogurt, butter croissant	
ESSEX OATMEAL	\$9
steel cut oats, brown sugar, berries	
HOUSE MADE GRANOLA	\$8
our house granola, served with fresh fruit	
TAVERN PARFAIT	\$10
Our house granola, fresh berries, greek yogurt	

TOUCH OF SWEET

TAVERN PANCAKES	\$11
short stack of pancakes, served with whipped butter and vermont maple syrup	
LONG TRAIL PANCAKES	\$12
three buttermilk pancakes, served with dried cranberries, house granola, sliced banana and Vermont maple syrup	
FRENCH TOAST	\$13
sour dough french toast, served with whipped cream and Vermont maple syrup	
PUMPKIN BREAD FRENCH TOAST	\$14
Pumpkin bread french toast finished with roasted walnuts, bourbon toffee sauce, served with whipped cream and Vermont maple syrup	
BELGIAN WAFFLE	\$12
fresh off the iron, served with whipped butter and Vermont maple syrup	

HOT & SAVORY

TAVERN BREAKFAST SANDWICH	\$12
two eggs any style with sausage, bacon or ham, served on your choice of bread with cheddar cheese & batch7 sauce	
EGGS YOUR WAY	\$12
two eggs your way and choice of sausage, bacon or ham	
OMELET YOUR WAY	\$13
two egg omelet, with choice of two vegetables, one protein and Cabot cheddar cheese	
TAVERN BENEDICT	\$14
two poached eggs and apple wood smoked house bacon, served on an english muffin and topped with hollandaise	
BISCUITS AND GRAVY	\$15
two poached eggs and smoked sausage gravy served on Chef Laura's house made biscuits	
CORNED BEEF HASH	\$15
two eggs your way, braised beef, red potatoes, bell peppers, onions and roasted corn, finished with Cabot cheddar cheese, batch 7 sauce & fresh herbs	
STEAK & EGGS	\$15
pub steak, two eggs any style, roasted mushrooms, topped with batch 7 sauce	



The Tavern

AT THE ESSEX RESORT & SPA

SIDES & ADD-ON'S

CROISSANT	\$4	CHEDDAR	\$2
FRESH FRUIT	\$3	PANCAKE	\$4
YOGURT	\$3	FRENCH TOAST	\$5
HOUSE GRANOLA	\$3	VERMONT MAPLE SYRUP	\$2
BACON	\$5	HASH	\$3
SAUSAGE	\$5	ONIONS	\$2
HAM	\$5	ROASTED MUSHROOMS	\$2
SMOKED SALMON	\$5	PEPPERS	\$2
BISCUIT / TOAST	\$2	POTATOES	\$2
EGG	\$2	GREENS	\$2
HOLLANDAISE	\$2		

BEVERAGES

JUICE	\$5
orange apple cranberry pineapple grapefruit	
COFFEE	\$3
HOT TEA	\$4
LATTE	\$4
CAPPUCCINO	\$5
ICED COFFEE	\$4.50
ICED LATTE	\$4.50
ICED CAPPUCCINO	\$4.50

CONSUMING RAW OR UNDER COOKED MEATS, POULTRY, SEAFOOD, SHELLFISH, OR EGGS MAY INCREASE YOUR RISK OF FOOD-BORNE ILLNESS, ESPECIALLY IF YOU HAVE CERTAIN MEDICAL CONDITIONS. PLEASE INFORM YOUR SERVER OF ALLERGIES/DIETARY NEEDS.



The Links
AT LANG FARM



Cook Academy
AT THE Essex



Spa
AT THE Essex



JUNCTION

AT THE ESSEX RESORT & SPA