



Trident Late-Risers Breakfast

Served from 10:00am to 11:00am

FROM THE TRIDENT GRILL COUNTER

Fresh Seasonal Fruits | Grapefruit | Low-Fat Cottage Cheese
Regular, Nonfat or Low-Fat Plain or Fruit Yogurt

JUICES

Tomato | Pineapple | Prune | Cranberry | Papaya
V-8 Vegetable | Grape | Orange | Apple | Grapefruit
Carrot

BREAD & PASTRIES

Selection of Freshly Baked Danish Pastries
Croissants | Brioche | Donuts | Raisin & Plain Sourdough Rolls
Plain, Fruit and Bran Muffins
Six-Grain | Dark Finn Bread | French Baguette
Your Choice of Plain or Toasted White, Whole Wheat,
Sourdough, Rye, English Muffin and Bagels

COLD CEREALS

Corn Flakes | Special K | Shredded Wheat | Frosted Flakes
Whole Wheat Total | Raisin Bran | All Bran

BEVERAGES

Freshly Brewed Coffee | Decaffeinated Coffee/Tea
English Tea | Herbal Tea | Instant Coffee
Ovaltine | Hot Chocolate | Milk | Low-Fat Milk | Nonfat Milk
Lactose Free Milk | Buttermilk | Soy Milk



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SMOKED SALMON* | Cream Cheese, Tomato, Capers,
Onion and Toasted Bagel

FRIED OR SCRAMBLED EGGS*

Your Choice of any Accompaniments

CREATE YOUR OWN OMELETTE*

Whole Egg*, Eggbeater*, or Egg White*
Choice of Ham, Cheese | Mushrooms | Herbs | Tomato
Bell Pepper | Onion | Crabmeat | Smoked Salmon*

STEAK & EGG* Grilled Black Angus Minute Steak*
with Your Choice of Fried or Scrambled Egg*.
Served with Broiled Tomato, Baked Beans and Home Fries

BLUEBERRY AND LEMON BLINTZES

Sweet Pancake filled with Lemon-Flavored Cottage Cheese
and Blueberries | Forest Berry Stew and Sour Cream

TRADITIONAL FRENCH TOAST

Cinnamon Cream and Maple Syrup

PANCAKE

Buttermilk Pancake with Chocolate Chips | Sweet Butter

ACCOMPANIMENTS

Apple Wood Smoked Bacon | Pork Link Sausage
Canadian Bacon | Turkey Ham | Apple-Chicken Sausage
Home Fried Potatoes | Broiled Tomato

* United States Public Health Advisory: Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk for foodborne illness, especially if you have certain medical conditions.