



Traditions
TRADITIONAL FOOD. MODERN FLAVORS.

BREAKFAST MENU

7:00 AM - 11:30 AM

PLATES AND PLATTERS

TRADITIONS BREAKFAST ... 16

Two Eggs Any Style, Choice of Breakfast Meat, Breakfast Potatoes,
Choice of Toast with Jam

TRADITIONS SUNRISE PLATTER ... 18

Choice of Spiced French Toast or Pancakes, Two Eggs Any Style,
Choice of Breakfast Meat, and Breakfast Potatoes

🌱 COUNTRY FLAPJACKS ... 16

Stack of Three Buttermilk Pancakes

* Customize Your Pancakes with the Following:
Blueberries, Bananas, Chocolate Chips, Marshmallows *

THE FARMER'S OMELET ... 18

Three Egg Omelet, Breakfast Potatoes, Toast

* Choice of Omelet Ingredients: Onions, Bell Peppers, Spinach,
Mushrooms, Tomatoes, Bacon, Ham *

🌱❤️ AVOCADO TOAST ... 17

Honey Orange Ricotta, Sliced Avocado, Pickled Red Onions, Petite Greens, Everything Seasoning, Whole Grain Toast Served with Seasonal Fruit Salad

* Add Two Eggs 5 *

PUMPKIN SWIRL PANCAKE ... 15

Two Buttermilk Pumpkin Swirl Pancakes, Candied Pumpkin Seeds,
Vanilla Drizzle, Whipped Cinnamon Sugar Butter

FALL OMELET ... 20

Three Egg Omelet, Roasted Butternut Squash, Caramelized Onions,
Roasted Oyster Mushrooms, Goat Cheese

* Served with Petite Salad and Breakfast Potatoes *

BREAKFAST BOWLS

🌱❤️ HOT OATS ... 14

Mixed Berries, Warm Milk

🌱 SHRIMP AND GRITS ... 19

Sautéed Shrimp | Creamy Smoked Bacon Seafood Ragù | Anson Mills
Cheddar Grits | Green Onions

BREAKFAST HASH BOWL ... 18

Breakfast Potatoes, Sautéed Peppers and Onions,
Surry Sausage, Two Sunny Side Eggs,
Cheddar Cheese, Green Onions, Smoke Tomato Aioli
* Add Toast 5 | Add Shrimp 5 *

🌱❤️ BERRY HARVEST BOWL ... 16

Mixed Berries, Lemon Curd, Greek Yogurt, Whole Grain Granola

BISCUITS AND GRAVY ... 16

Toasted Buttermilk Biscuits, Warm Sausage Gravy, Breakfast
Potatoes, Green Onions
* Add Two Eggs 5 *

SOUTHERN BENEDICT ... 18

Buttermilk Biscuits, Virginia Ham, Poached Eggs, Hollandaise,
Arugula Served with Breakfast Potatoes

SIDES

🌱🌱🌱 MIXED FRUIT ... 5

🌱🌱 TWO EGGS ... 5

🌱 2 BUTTERMILK PANCAKES ... 5

🌱🌱❤️ OATMEAL ... 5

🌱🌱 BREAKFAST POTATOES ... 5

🌱🌱 ANSON MILLS CHEDDAR GRITS ... 6

🌱🌱 TOAST ... 5

Sliced Toasted Bread
Available Breads:

Sourdough, Whole Grain Wheat, Rye,
English Muffin, Bagel, GF White, GF Wheat

BREAKFAST MEAT ... 8

Choice of Apple Wood Smoked Bacon, Surry Sausage Links, VA Ham, Turkey Bacon, Chicken Sausage

CONTINENTAL BUFFET

Adults \$18.99 Kids \$10.99

CEREAL & MILK

GREEK YOGURT

HOT OATMEAL

Customize Your Cereal with Our Assortment of Toppings

SOFT SCRAMBLED EGGS

BACON

TOAST & PASTRIES

MILK ... 4 | 6

KID'S MENU

For Ages 10 and Under

🌱 FRENCH TOAST STICKS ... 12

Stacked Sticks with Warm Syrup, Served with Fruit Cup

YOUNG HISTORY MAKER'S OMELET ... 12

Two Egg Omelet with Cheddar Cheese, Breakfast Potatoes, Choice of
Bacon or Sausage

JUNIOR SUNRISE PLATTER ... 11

Choice of French Toast or Pancake, One Egg Any Style, Choice of
Bacon or Sausage
* Enjoy your Pancake Plain or with Chocolate Chips *

BEVERAGES

JUICE ... 4 | 6

Orange | Apple | Cranberry | Grapefruit | Pineapple Tomato | V-8

COFFEE/TEA ... 4

COLD PRESSED FRESH JUICE

PURE GREENS ... 8

Zucchini, Celery, Cucumber, Spinach,
Kale, Romaine, Apple, Lemon, Ginger

ROCKIN BEET ... 8

Beets, Carrots, Apple, Lemon, Ginger

GOLDEN GIRL ... 8

Turmeric, Carrot, Pineapple, Lemon,
Ginger

ALCOHOLIC BEVERAGES

RASPBERRY PEACH BELLINI ... 13

Rum, Raspberry & Peach Puree, Prosecco

BUZZED ICE COFFEE ... 14

Bailey's, Kahlua, Cream, Coffee, Caramel

PURE GREEN MARY ... 18

Tito's Vodka, Cold Pressed Pure Greens Juice, Hot Sauce

ISLAND MIMOSA ... 12

Guava, Passion Fruit, Orange, with Hint of Pineapple, Cava

🌱 - Dish is Gluten Free, 🌱 - Dish is Dairy Free, 🌱 - Dish is Vegetarian, ❤️ - Dish is Heart Healthy

We are happy to accommodate any allergies you have. Most dishes can be prepared gluten free. Please let your server know if you have any allergies.