Breakfast Wellness Specialties

All breakfast entrees contain less than 350 calories, less than 400 milligrams sodium, and less than 5 grams added sugar. Whole grains are used instead of refined white carbohydrates. Each dish also provides an excellent balance of protein, fiber, and healthy fats to fuel your body right. Ingredients have been carefully selected to create these nutritious and delicious morning meals.

Overnight Oats (300 calories)

Cold breakfast cereal with overnight rested oats, low- fat milk, fat free Greek yogurt, chia seeds, flaxseeds, and honey. Garnished with dried fruits and almond slivers.

Quinoa and Chia Porridge (330 calories)

Warm porridge made with almond milk, a touch of honey, and cinnamon. Topped with dried fruit.

Oat and Flaxseed Porridge (330 calories)

Traditional oatmeal made with flaxseeds for a nutritional boost. Cooked with low-fat milk and honey.

Cottage Cheese Pancake (110 calories)

One pancake made with almond flour, coconut flour, low fat Greek yogurt, and cottage cheese. Garnished with fresh fruit.

Vegan Blueberry Pancakes (280 calories)

Blueberry pancakes made with oat flour, quinoa, and soymilk. Seasoned with cocoa powder and cinnamon. Topped with blueberry syrup.

SAILROCK
RESORT

Vegetable Omelet (230 calories)

Two egg whites and one whole egg with your choice of any combination of mushrooms, tomatoes, onions, bell peppers, and spinach. Served with a cup of fresh fruit.
Add Whole Grain Toast (310 calories)

Breakfast Wrap (220 calories)

Two egg whites and one whole egg with your choice of any combination of mushrooms, tomatoes, onions, bell peppers, and spinach. All wrapped inside a whole grain tortilla.
Add Avocado (310 calories)

Breakfast Wellness Juices

Contain at least 75% vegetable base and no added sugar.

Cranberry Healer (110 calories)

Prevent infection, support urinary tract and vascular health.
Cranberry, cucumber, beetroot, orange, and lime.

Blood Builder (90 calories)

Improve circulation, reduce inflammation, boost immunity, and brighten mood.
Green apple, beetroot, carrot, and turmeric.

Garden Fresh (80 calories)

Daily dose of vegetables to help prevent disease.
Tomato, carrot, celery, spinach, and beetroot.

Detox (120 calories)

Removes toxins by helping liver function.
Aloe, beetroot, apple, carrot, and ginger root.

A Registered Dietitian Nutritionist helped create and analyze each menu item with overall wellness as our goal