

Breakfast
Served All Day!

Scrambled Eggs & Cheddar Cheese

Served on a Freshly Baked Croissant.

Hearty Mid-West Oatmeal

Slow Cooked & Topped With Berries, Bananas, Brown Sugar & Cinnamon.

Omelet of the Day

Filled with Delicious Combinations of Healthy Ingredients & Served With Choice of Freshly Baked Pastry.

Cinnamon Infused Belgian Waffle

Topped With Berries & Bananas & Served With Pure Vermont Maple Syrup.

Organic Low-Fat Yogurt

Topped With Berries & Organic Maple Granola.

Smoked Nova Salmon

With Cream Cheese, Sliced Tomato & Sliced Onion Piled on a Freshly Baked Bagel.

The Ultimate Breakfast Burrito

A Warm Tortilla Filled With Scrambled Eggs, Chorizo Sausage, Cheddar Cheese, Chopped Scallions & Salsa.

The Spa Breakfast Burrito

A Warm Spinach Tortilla Filled With Scrambled Egg Whites & Veggies.

The Low Fat/Low Carb Omelet

Made With Egg Whites, Turkey, Spinach, Jack Cheese & Fresh Herbs.

Lunch

A Small Sampling of Our Most Popular Lunch Menu Items

Sandwiches and Wraps

The Southampton

Turkey, Herb Brie, Honey Mustard,
Lettuce & Tomato on French Bread or Wrap.

The East Hampton

Chicken Salad of the Day, Alfalfa Sprouts &
Tomato in Whole Wheat Pita Bread.

The Bridgehampton

Citrus Veggie Albacore Tuna Salad, Alfalfa Sprouts &
Tomato on Whole Grain Bread or Wrap.

The Water Mill

Grilled Vegetables, Roasted Peppers, Fresh Mozzarella, Balsamic Dressing, Lettuce &
Tomato on Rosemary Infused Rustic Bread or Wrap.

The Stony Brook

Warm Garden Veggie Burger, Roasted Red Pepper Dressing, Alfalfa Sprouts & Tomato on Whole
Grain Bread.

Specialty Salads

Cobb Salad

Mixed Green Lettuces, Apple-Wood Smoked Bacon, Crumbled Blue Cheese,
and Fresh Avocado

Grilled Chicken Caesar

Romaine Lettuce, Grilled Free-Range Chicken, Herbed Croutons, Classic Caesar Dressing

Seared Tuna Salad

Fresh Seared, Sushi-Grade Tuna Over Mixed Green Lettuces
With Sesame Wasabi Sauce

Salad Sampler Combo

A Choice of Any Three Salads From Our Cold Salads Display
Including Fresh Tomato, Basil, and Mozzarella, Whole Wheat Fusilli with
Oven Roasted Tomato and Artichoke, Spinach Salad with Grape Cherry Tomatoes,
and more.

Soups and Chili

Our World Famous Chili

25 Wholesome Ingredients Simmered Slow including Lean Ground Turkey, Italian Sausage, Beans, Tomatoes, Peppers, and Our Own Secret Spices.

Daily Soups

Three to Four Varieties Made Fresh Daily including Organic and Vegetarian Choices.

Butternut Squash and Apple

Lobster Bisque

Organic Potato and Leek

Organic Carrot Ginger

And more

Entrees

Our Selection of Healthy and Wholesome Hot Entrees Changes Daily. House Favorites Include

Chicken Provencal

All-Natural Chicken Simmered Slow with Fresh Herbs and Capers. Served with Rice Pilaf

Baked Herb Crusted Cod Filet

Tender Cod Filets Encrusted with Delicate Seasonings and Baked. Served with Roasted Vegetables.

Penne Pasta with Roasted Plum Tomatoes and Basil

Light and Healthy with Just a Touch of Fresh Mozzarella.

Baked Macaroni and Cheese

Three Different Cheeses Blended with Cavatappi Pasta and Baked with Toasted Bread Crumb Topping.

Santa Fe Lasagna

Yellow Corn Tortillas Layered with All-Natural Roasted Chicken, Black Beans, Monterey Jack, Vermont Cheddar, and Our Famous Made From Scratch Enchilada Sauce.