










Spa Cafe

Breakfast Menu



Cal • Fat • Pro • Carb

	Berry and Cantaloupe Parfait Yogurt Cream, Blueberry, Cantaloupe	\$9	189 • 2 • 4 • 22
	Fresh Fruit Plate Mixed Fruits and Berries with Coconut-Lemon Yogurt Dip	\$12	225 • 2 • 2 • 49
	Steel Cut Irish Oatmeal Skim Milk, Toasted Almonds, Golden Raisins, Choice Of Brown Sugar or Honey	\$11	398 • 3 • 13 • 86
	Egg White Omelet with Herbs Roasted Asparagus, Baked Tomato, Goat Cheese	\$13	136 • 6 • 14 • 8
			
	Egg Beaters Omelet Roasted Peppers, Onions, Broccoli, Pepper Jack Cheese	\$14	220 • 7 • 16 • 8
			
	Soft Poached Eggs Miso Soup, Shiitake Mushrooms, Silken Tofu, Vermicelli Rice Noodles	\$12	250 • 9 • 13 • 28
	Egg Florentine Smoked Turkey, Spinach, Whole Wheat Muffin, Yellow Pepper Sauce	\$14	246 • 8 • 18 • 31
	French Toast Seasonal Berries, Partida Agave Nectar	\$12	329 • 5 • 6 • 65
	Multi-Grain Bagel or Tecate Toast Boulders Jam, Butter or Light Cream Cheese	\$4	120 • 1 • 6 • 23
	Low-fat Fresh Baked Muffin	\$3	145 • 4 • 3 • 27
	Low-fat Breakfast Bread	\$6	257 • 5 • 6 • 48
	Cereals Boulders Granola & Assorted Kashi Cereals with Milk or Yogurt	\$6	
	Add Berries	\$4	
	Side of Chicken-Apple Sausage or Turkey Bacon	\$6	

GOLDEN DOOR
THE BOULDERS RESORT

Golden Door Classics
from "The Golden Door Cooks
Light & Easy" cookbook
by Chef Michel Stroot

 **Gluten Free Preparation**

Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of food borne illness, especially if you have certain medical conditions
Please note that 19% gratuity will be added to parties of 6 or more.