

# Asticou Inn

## Beverages

- Freshly brewed Asticou blend coffee | regular or decaffeinated \$3
- Teas: black, decaffeinated & assorted herbal \$3
- Hot chocolate \$3.25
- Milk: whole, skim, almond, oat or soy \$3

## On the Run?

Packed and ready to go!

- ◆ Fresh fruit
- ◆ Single serve yogurt
- ◆ Bottled orange juice

Select one:

- ◆ House bagel or freshly baked muffin \$9
- ◆ Breakfast sandwich: English muffin with egg, cheese and your choice of sausage or bacon \$13
- ◆ Lox & bagel: cream cheese, capers & pickled red onion \$16

## Jump Start

### **Yogurt Bowl** V \$9

- House made granola GF with Greek yogurt, banana & lavender honey

### **Fresh Berry & Fruit Plate** V/VG/GF \$12

- Seasonal berries & fruits

### **Oatmeal** V/GF \$7

- Brown sugar, raisins, cinnamon  
~ add seasonal berries \$6

### **Bagel & Lox** \$15

- Oven dried tomato, pickled red onion, caperberries & rocket greens with lemon dressing

## Children's Breakfast:

### **Pancake** \$7

- One pancake, plain or blueberry with whipped butter, choice of bacon or sausage

### **Eggs** \$8

- Scrambled eggs, potatoes, toast & jam, choice of bacon and sausage

### **French toast** \$11

- Served with bananas & whipped cream

GF -Gluten Free options available

V - Vegetarian

VG -Vegan

Consuming raw or uncooked meat, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness. Before placing your order, please inform your server if any person in your party has a food allergy.

## Essentials | offered with bacon or sausage

### **Pancakes** \$13 GF upon request \$16

- Stacked 3 "miles" high, whipped butter & locally sourced Maple syrup

- ◆ Buttermilk
- ◆ Blueberry
- ◆ Chocolate chip

### **24 Hour French Toast** \$14 V

- Griddled golden, custard soaked baguette, whipped cream & raspberry compote

## Egg Dishes

### **The Peabody** \$13

- Two eggs your way, choice of bacon or sausage, rosti potatoes & toast

### **Village Omelet** \$16 V

- Traditional French omelet with fresh herbs & local goat cheese, choice of bacon or sausage, rosti potatoes & toast

### **Build your own Omelet** \$16

- Offered with rosti potatoes, your choice of cheese & bacon or sausage

\*please choose up to three additional items

- ◆ Spinach, tomatoes, kale, mushrooms, onions, peppers, jalapenos or salsa

### **Mountain Climber** \$17 V/GF

- Egg white omelet, fresh tomato, spinach, avocado, black bean salsa, rosti potatoes & toast

### **Top of the Morn'** \$14

-Fried egg breakfast sandwich, toasted brioche bun, sharp white cheddar, choice of bacon or sausage & rosti potato

### **Eggs Benedict** \$15

- English muffin, hollandaise, Canadian bacon, rosti potatoes  
crab cake \$17 | lobster \$19 | smoked salmon \$15

## Sides:

- ◆ Chicken apple sausage | Pork sausage patty | Applewood bacon | Canadian bacon \$6
- ◆ Veggie sausage \$8
- ◆ Gluten Free: blueberry muffin, toast, bagel, English muffin \$4.25
- ◆ Rosti potatoes \$5 GF
- ◆ Fresh fruit cup \$8
- ◆ Avocado \$5
- ◆ Warm cheddar biscuits (2) with honey butter \$4.50
- ◆ English muffin or bagel \$3.25
- ◆ Freshly baked muffin | please ask your server for today's selections \$3.75
- ◆ Toast: sourdough, rye, whole grain \$2.75

## Popovers \$8

Two popovers served with butter & Maine  
strawberry or blueberry jam