

STRONGHOLD BREAKFAST MENU

Entrees

One entrée only per room;
availability of items varies seasonally

PANCAKES

Mesquite- sweet nutty flavor, highly nutritious, ground from the pods of the desert mesquite

Fluffy Buttermilk – an old time favorite

Wild Blueberry - either of above made with the addition of organic wild blueberries

Served with butter, real maple syrup

FRITTATAS

Savory SW Pepper

Spicy country pork sausage, mild bell peppers and robust cheeses baked with fresh farm eggs.

Spinach & Feta Cheese Frittata

Fresh spinach, caramelized onion and sheep feta – perfect combination baked with fresh farm eggs

Veggie with sweet bell peppers & parmesan

Served sizzling hot in a cast iron pan

SOUFFLE

Chilli Relleno Souffle - mouth watering, SW taste experience

Mild green chillis with monterey jack and cheddar cheeses baked in an egg custard.

Served with salsa on the side.

QUICHES

Classic Quiche Lorraine

Bacon bits in a french egg pie or crustless

Greek style

Spinach, onions with monterey jack & feta cheese baked in a savoury egg pie

TAMALES

Mild green chillies, organic corn masa & cheese wrapped in corn husk

Served with salsa & sour cream on the side

OMELETS

SW Cheese omelet with potatoes, onions & mild green chilies.

Served with avocado wedges, local chipotle salsa and cilantro

Side Dishes

MEAT

Bacon, Breakfast Sausage (Pork or Turkey)

EGGS

Scrambled, fried, poached, over easy, sunny side up; or cooked in the shell
With or without salsa.

CARBS

Pan fried herb potatoes - red nugget potatoes with rosemary, thyme and chives from our garden

Mendocino black beans - hot and spicy, topped with Monterey jack cheese
Served with sour cream on the side

Freshly Baked Corn Bread – with Mexican cheese blend & fresh rosemary

Toast - whole wheat with jam and jelly selection

Tortillas – corn

Cereal “Steel Cut” creamy organic Oatmeal (plain)

FRUIT

Fresh fruit as available

Baked apples (organic granny smith) with raisins & pecan oil served with whipped cream

Baked grapefruit with agave syrup

BEVERAGES

Fruit Smoothies

Made with fruit only

Blueberry/orange/banana, almond& date, pineapple/coconut, apple/cherry, peach/ mesquite

Juices

Valencia Orange with fresh organic oranges

Cream, Milk or Soy or Rice “Milk”