

Breakfast in Bed

Start your day off right with El Monte Sagrado's Morning Breakfast Menu. Make your selection for the next day and hang it on your door by 11:00 pm.

Guest Name		
Room No	No. of Perso	ons
Please indicate the	desired delivery time in	n the appropriate box.
☐ 7:00-7:30 ☐ 7:30-8:00 ☐ 8:00-8:30	□ 8:30-9:00 □ 9:00-9:30 □ 9:30-10:00	□ 10:00-10:30 □ 10:30-11:00
Please circle item a	nd indicate the quantity	y on the appropriate line
HUEVOS RAN Two eggs over eas		green chile, beans, topped with
		pice of carne adovada, bacon or ream
	REAKFAST 17 e, choice of sausage or bacon,	veggie potatoes, choice of toast
	RS MARKET OMELET eese, spinach, red bell peppers nglish muffin	
	RMILK PANCAKES 1. te, whipped cream, maple syru	•
POWER GRAI Blue corn atole, qui	NS 14 Inoa, almond milk, super seed r	mix, piñon, berries, honey
	ND FRUIT PARFAIT 14 y compote, homemade granol	=
	RRY SMOOTHIE 11 s, kale, greek yogurt	
BAGEL & CRE	AM CHEESE 6	
	rdough, wheat, gluten free u	di's, english muffin flakes, honey nut cheerios 6
BEVERAGES	choice of confidence, nosted	nakes, noney nat enechos o
Juice: choice of o Fresh Brewed Co Mighty Leaf Hot Espresso Double Americano 5 Cappuccino or Lo Hot Chocolate 8	ffee Small Pot 8 Tea 5 5 atte 8	apple, tomato, grapefruit 6 Large Pot 15