



At Minerva's we LOVE breakfast-time!

Minerva's food repertoire, designed with you--the guests--in mind, is dominated by fresh, healthful ingredients with a high nutrient-to-calorie ratio. When you book and/or when you arrive, we will ask you about allergies or food restrictions, and we plan breakfasts with the aim of providing something to suit a variety of dietary needs. Below are some sample menus, subject, of course, to seasonal variations.

Orange, apple, cranberry, prune or V-8 juice
Fresh-cut watermelon, mango, cantaloupe and honeydew
Stonyfield Farm yogurt (plain or vanilla)
Fresh-baked cinnamon-ginger-pecan coffee cake
Frittata with caramelized Vidalia onions and bell peppers
Sausages or Pennsylvania-Dutch scrapple

Orange, apple, pomegranate-cranberry, white-grape or V-8 juice
Fresh-cut pineapple, oranges, and strawberries
Cheese tray with home-baked rosemary-lemon bread
Fresh-sliced Jersey tomatoes with fresh basil, fresh mozzarella, and pear-infused balsamic vinaigrette

Orange, apple, tomato, or mixed-berry juice
Fresh Jersey blueberries and strawberries
Toasted-pecan French Toast (Bob Bell's specialty)
Grilled Canadian Bacon

Orange, apple, grapefruit or prune juice
Warm Apple Crisp
Emma's secret omelet recipe, made to order
Fresh bagels with assorted toppings
Bacon

In addition, Minerva's breakfast table always features an assortment of teas, cereals, breads for toasting, honeys, granolas, nuts, and jams.

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