

## LIGHT

### SEASONAL FRESH FRUIT PLATE

SLICED FRUIT, BERRIES, BANANAS,  
VANILLA YOGURT, BRAN MUFFIN  
11

### RELACHE SPA RELAXER

SEASONAL FRUIT BOWL, CEREAL, SKIM MILK,  
YOGURT, WHOLE GRAIN MUFFIN  
12

### SMOKED SALMON

TRADITIONAL ACCOMPANIMENTS  
13

### HOT OR COLD CEREAL

BANANAS, STRAWBERRIES OR SEASONAL FRUITS  
6

## BREAKFAST CLASSICS

### HARPETH RIVER BREAKFAST

TWO EGGS, CHEDDAR BISCUIT,  
POTATO CASSEROLE, SAUSAGE GRAVY,  
COUNTRY HAM  
13

### CASCADES ALL AMERICAN BREAKFAST

TWO EGGS, CHEDDAR BISCUIT,  
POTATO CASSEROLE, BACON  
OR SAUSAGE LINKS  
12

### LOADED BANANA TOAST

GRIDDLED BRIOCHE, RASPBERRY MARMALADE,  
CORN FLAKE CRUNCH, WHIPPED CREAM  
13

### BELGIUM WAFFLE

MAPLE SYRUP,  
STRAWBERRIES AND CREAM  
12

## BEVERAGES

### COFFEE/ ESPRESSO

2.50

### MILK

2.50

### LAMBETH GROVES ORANGE JUICE OR GRAPEFRUIT JUICE

FRESHLY SQUEEZED  
3 SMALL 5 LARGE

### ASSORTED JUICES

CRANBERRY, TOMATO, V-8, PINEAPPLE, APPLE  
2 SMALL 4 LARGE

## EGG SPECIALTIES

### THE CUMBERLAND OMELET

COUNTRY HAM, TENNESSE GOAT CHEESE,  
PEPPERS, ONIONS WITH POTATO CASSEROLE  
11

### NEW ENGLAND OMELET

JUMBO LUMP CRAB, VERMONT WHITE CHEDDAR,  
ONIONS, PEPPERS WITH POTATO CASSEROLE  
13

### THREE EGG OMELET

CHOICE OF HAM, MUSHROOM, ONION, PEPPERS,  
TOMATO, SAUSAGE, CHEESE WITH POTATO  
CASSEROLE  
11

### FRITTATA

MANCHEGO CHEESE, SPINACH, TOMATO SALSA  
CHORIZO SAUSAGE WITH POTATO CASSEROLE  
12

### STEAK AND EGGS

TWO EGGS, BLACK ANGUS FILETS,  
SPINACH AND MUSTARD HOLLANDAISE  
17

### HERMITAGE EGGS BENEDICT

TWO POACHED EGGS, CANADIAN BACON,  
HOLLANDAISE, ENGLISH MUFFIN  
14

## SIDES

### SAUSAGE GRAVY WITH CHEDDAR BISCUITS

6

### COUNTRY HAM STEAK

5

### ANSON-MILLS ORGANIC CHEDDAR GRITS

5

### APPLE CIDER CURED BACON

5

### SAVORY COUNTRY SAUSAGE LINKS

4

### CHICKEN-APPLE SAUSAGE LINKS

5

### POTATO-CHEDDAR CASSEROLE

5

### BAGEL WITH CREAM CHEESE

4

05/08

# CASCADES

SEAFOOD RESTAURANT