



The Post

All selections containing eggs are prepared with cage free eggs. Egg whites are also available.

Breakfast Specialties

Sunrise Breakfast*	\$16
Two 'eggs your way', breakfast potatoes, choice of breakfast meat, choice of toast	
Crab Cake Benedict*	\$18
Crab cakes, poached eggs, spinach, hollandaise, breakfast potatoes	
Biscuits & Gravy*	\$16
Two 'eggs your way', fresh baked biscuit, sausage gravy, choice of breakfast meat	
Morning Flatbread	\$14
Naan, scrambled eggs, bacon, roasted tomatoes, spinach, cheddar, Monterey Jack	
Savory Oatmeal Bowl* 	\$13
Oatmeal, poached egg, bacon, avocado, arugula, lemon vinaigrette	
Bacon Cheddar Bowl	\$14
Breakfast potatoes, scrambled eggs, bacon, onions, cheddar, multigrain toast	
Acai Chia Pudding Bowl  	\$13
Chia pudding with coconut milk, granola, bananas, blueberries, strawberries, honey, acai sorbet	
Yogurt Parfait Bowl  	\$9
Greek vanilla yogurt, bananas, strawberries, blueberries, toasted coconut flakes, honey, almond butter	

Griddle

Buttermilk Brioche French Toast	\$13
Brioche, crème fraîche yogurt, lemon curd, berry compote	
Buttermilk Pancakes 	\$13
Tall stack, butter, warm maple syrup <i>ask server for today's list of optional add-ons such as berries, bananas or chocolate chips +\$3 each</i>	
Classic Belgian Waffles 	\$13
Butter, warm maple syrup <i>ask server for today's list of optional add-ons such as berries, bananas or chocolate chips +\$3 each</i>	





Beverages

Simply® Orange Juice	\$4
Coca-Cola® Assorted Chilled Juices	\$4
Coffee or Hot Teas	\$4
Coca-Cola® Fountain Beverages	\$4
Hot Chocolate	\$4
Espresso	\$4
Cappuccino or Latte	\$5
Sparkling Water	\$4









Handhelds & Toasts

Grilled Steak & Egg Burrito *	\$18
Sirloin steak, scrambled eggs, chimichurri, breakfast potatoes, cheddar, tortilla, fresh fruit	
Sandwich Your Way*	\$15
One 'egg your way', choice of breakfast meat, choice of bread, sharp cheddar, breakfast potatoes	
Bacon & Egg Tacos	\$15
Scrambled eggs, bacon, cheddar, Monterey Jack, sour cream, salsa, guacamole, flour tortillas	
Veggie Tacos	\$14
Scrambled eggs, spinach, mushrooms, onions, Monterey Jack, salsa, served in 3 flour tortillas	

Omelets & Scrambles

<i>Served with choice of breakfast potatoes or fresh fruit and toast</i>	
Build Your Own Omelet 	\$17
Choose 3 from: bacon, sausage, ham, tomatoes, bell peppers, onions, mushrooms, cheddar, Monterey Jack	
Denver Omelet 	\$17
Smoked ham, bell peppers, caramelized onions, cheddar	
Vegetarian Omelet  	\$15
Broccoli, mushrooms, onions, bell peppers, tomatoes, cheddar	

Sides

Selection of Breakfast Meats 	\$5
Seasonal Fresh Fruit  	\$5
Selection of Cold Cereals	\$5
Selection of Toasted Breads 	\$3
Breakfast Potatoes 	\$3
Bagel w/Cream Cheese 	\$5
Two Eggs* 	\$5
Oatmeal 	\$5
<i>ask server for today's list of optional add-ons such as berries, bananas or chocolate chips +\$3 each</i>	

Cocktails & Zero Proof

Mimosa	\$14
LaMarca Prosecco, Simply® Orange Juice	
Irish Coffee	\$14
Fresh brewed coffee, Baileys Irish Cream, Jameson Irish Whiskey	
PaNOma (non-alcoholic)	\$10
Seedlip Grove 42, fresh grapefruit juice, fresh lime juice, house-made simple syrup, sea salt, Fever-Tree Club Soda	

***NOTICE: Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of food borne illness, especially if you have certain medical conditions.**



For parties of 6 or more, a 20% gratuity charge will be automatically added to the bill. Room Service Available: Press "Room Service" button on your phone to order. All room service orders have a 20% gratuity charge automatically added.

Morning



Breakfast

CROWNE PLAZA®
— BY IHG —