



***Headlands Institute  
Breakfast Menu  
Samples***

***Scrambled Egg Buffet***

*Plain Scrambled Eggs  
Mexican Scrambled Eggs w/ Salsa & Cheese  
Hash Browns or Home Fries  
Bacon or Sausage  
Assorted Muffins or Croissants with  
Assorted Jams  
Assorted Cereals, Plain Yogurt & Cottage Cheese  
Fresh Sliced Melons & Seasonal Fruits*

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***Pancake Buffet***

*Plain Buttermilk and Whole Wheat Pancakes  
with Cranberries & Pecans  
Bacon or Sausage  
Cheese Blintzes w/ Fresh Fruit Topping  
Assorted Muffins or Croissants with  
Assorted Jams  
Assorted Cereals, Plain Yogurt & Cottage Cheese  
Fresh Sliced Melons & Seasonal Fruits*

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*All meals include fresh brewed regular & decaffeinated coffee,  
select teas, and assorted fruit juices*