

THE GALLERY at the Essex House

CONTINENTAL BREAKFAST

Three Pastries, choice of fruit juice, tea or coffee 25

THE GALLERY BUFFET

Choose from our wide Buffet Selection 37

Children Twelve and Under 21

À LA CARTE BREAKFAST

EGG DISHES

Fluffy Three Egg Omelette 22

Mushroom, Tomato, Asparagus, Sweet Peppers,
Cheese or Ham

Classic Eggs Benedict 24

Toasted Muffin, Canadian Bacon, Poached Eggs,
Hollandaise Sauce

Garden Fresh Egg Frittata 21

Spinach Leaves, Tomatoes and Orange Zest **V, C**

Two Fresh Farm Eggs of your Choice 18

Fried, Scrambled, Poached or Boiled

Flat Spanish Omelet 21

Olives, Tomatoes and Roasted Sweet Peppers **V, C**

All Eggs are served with Chive Hash Brown Potatoes and Blistered Plum Tomato.

Egg Whites are available upon request for all egg preparations.

154 Central Park South

212-484-5120

GALLERY SPECIALTIES

Egg White Omelette 21

Arugula, Tofu and Mushrooms **C, V**

NY Strip Steak 28

Fried Egg and Wild Mushrooms, Served with Hash Brown
Potatoes and Roasted Tomatoes

Homemade Corn Beef Hash 24

Served with your choice of Fried or Poached Eggs **N**

Breakfast Wrap 23

Scrambled Egg with Tomato, Jalapeno and Cheddar in Low
Carb Tortilla Wrap. Served with Salsa Verde and Sour Cream

Smoked Salmon 25

Cream Cheese, Condiments and a Choice of Bagels **N**

Irish Oatmeal 12

Cinnamon, Honey, Raisins and Granny Smith Apple **N**

Granola and Acacia Honey Parfait 14

Low fat Yogurt, Banana and Dried Cantaloupe **V, C**

PANCAKES AND WAFFLES

Buttermilk Vanilla Pancakes 20

Vermont Maple Syrup and Marinated Strawberries **N**

California Brown Waffles 20

Banana, Caramel and Cracked Hazelnuts **N**

Macadamia Texas Toast 20

Mixed Berry Compote **N**

With Fresh Fruits 16

FRESH FRUIT AND JUICES

Fruit Juices 11

Watermelon, Orange, Grapefruit, Pineapple, Mango, Cranberry, Apple, Pomegranate and House Mix of Fresh Fruit Juice with Mint

Vegetable Juices 9

Tomato, Celery, Carrot, Beetroot, V8

Seasonal Berries 17

Lemon Chantilly

Fresh Ruby Red Grapefruit Segments 11

Sliced Fruits 19

Low Fat Cottage Cheese or Greek Yogurt

KID'S BREAKFAST Children Twelve and Under

Junior Breakfast Plate 18

Waffle or Pancake, Scrambled Eggs, Bacon and Sausage Milk or Hot Chocolate, Freshly Squeezed Orange Juice

Cheerios and Fruit Loops 10

Whole Milk

Silver Dollar Pancakes 12

Choice of Plain, Chocolate Chip or Blueberry **N, V**

French Toast Sticks 12

Fresh Berries, Maple Syrup **N, V**

BEVERAGES

Harney & Sons Fine Tea Selection 9

English Breakfast, Japanese Sencha-Green, Earl Grey, Cinnamon Spice, Assam, Pomegranate Oolong, Mint Verbena, Chamomile and Caffeine Free Ceylon

Fresh Fruit Shakes 14

Banana, Strawberry, Pineapple, Mango

Health and Energy Shakes 14

Wheat Germ, Gingered Blueberry, Chocolate and Soy Milk, Low Fat Yogurt or Low Fat Milk **C**

Coffee Specialties 9

Americano, Café Latte, Cappuccino, Decaf

Macchiato, Espresso 6

Served with Milk, Cream or Skim Milk

Chocolate Sensation 9

Original Chocolate, Raspberry, Supreme, Caramel, French Vanilla, Hazelnut

SIDE ACCOMPANIMENTS 6

Pork Sausage

Chicken Sausage

Bacon

Grilled Tomatoes

Hash Brown Potatoes

Sautéed Mushrooms

Canadian Bacon

Black Forest Ham

N - Contains Nuts **C** - Low Calorie **V** - Vegetarian

Tax and Gratuity Additional