

# BREAKFAST @MHI SPRING '18

## BEGINNINGS

BLUE DUCK BAKERY kaiser rolls . sour dough . multigrain

FRESH FRUIT & BERRIES south coast farms greek yogurt . grandy oats granola

OUR GREEN JUICE kale . green apple . spinach . cucumber . celery . carrot . ginger

## OMELETS

VERMONT CABOT CREAMERY aged cabot cheddar . apple-wood smoked bacon . tomato . sweet onion

WHITE ON GREEN fresh herbs . asparagus . broccoli . mushroom . spinach . vermont goat cheese

## FLAT OMELETS

MONTAUK LOBSTER FRITTATA grilled asparagus . roasted red pepper . sweet onion . crisp fingerling potato . apple-wood smoked bacon . chive crème fraiche

TRIPLE PIG FRITTATA Berkshire 'MHI' pork sausage . apple-wood smoked bacon . country cured sausage . sweet onions . mushrooms . sonoma dry jack cheese

TOMATO FRITTATA basil-parsley pesto . aged parmigiano reggiano . fresh mozzarella

## SCRAMBLES

SLOPPY JOE SCRAMBLE berkshire pork . chorizo . ground beef . tomato . sweet onion . vermont goat cheese

FARMERS SCRAMBLE asparagus . broccoli . tomato . mushroom . roasted red pepper . spinach . sweet onion

## MORE EGGS

CHICKEN SAUSAGE & NORTH FORK MUSHROOM HASH vermont goat cheese . sweet onion . fingerling potatoes

LOCAL VEGETABLE HASH asparagus . broccoli . tomato . mushroom . red pepper . spinach . sweet onion . fingerling potatoes

## OATMEAL & JUST A LITTLE EGG

STEEL CUT IRISH OATMEAL fresh berries

BRIOCHE FRENCH TOAST vanilla . bourbon . cinnamon creme anglaise . fresh berries

AMBER WAVES BUTTERMILK PANCAKES plain . blueberry or chocolate chip . ny state maple syrup

BLUE PLATE SPECIAL buttermilk pancakes or french toast . bacon . sausage . eggs any style

MY BREAKFAST SANDWICH applewood smoked bacon or 'MHI' sausage . fried egg . cabot cheddar . blue duck kaiser roll

*East End Local, because food matters...* we source from our farmers and local purveyors daily, our intent is to thrill your tastebuds, keep you healthy and make you smile. Just as our local chickens intended... we use organic whole eggs, cook with farm fresh butter & extra virgin olive oil. *When we cook for you it is with our hearts...*

*The best dining experiences are emotional...* they are about places, people and history. Moments that find friends and family gathered together sharing old stories. The food is real, fresh from the farm and prepared with all the love of your grandmothers kitchen.

*As a chef, I have been on a never ending food journey...* cooked in almost 100 countries and traveled to most every state in the USA! But something was amiss, I wanted a home, I needed to be closer to the food, to be in control of what I was cooking. So the journey began anew, I moved to the Hampton's! Almost daily I wander local farms & markets, my pocket filled with a little black book and ringing cell phone. It's when I forge new relationships & strengthen those with old friends. This very special group is our family of local food artisans. Their passion brings life to my kitchen every day. They are the growers, foragers & makers who curate my world of "east end" edibles.

*And now for the rest of the story. . . Carolyn Stec 'crusader of worthwhile causes'*