



Known as the place "where healing waters flow"<sup>TM</sup> Safety Harbor Resort and Spa's rich history dates back to the 1500's when Spanish explorers discovered the natural mineral springs and believed they had come upon the legendary Fountain of Youth. At the turn of the 20th century, the healing waters reached an international audience, as the mineral springs water was bottled and shipped worldwide.

In 1945, Dr. Salem Baranoff established the Safety Harbor Spa - a retreat for mind, body and spirit centered on the natural mineral springs. Named an historic landmark by the U.S. Department of the Interior in 1964 and a Florida Heritage Landmark in 1997, the Safety Harbor Resort and Spa is recognized as one of America's finest spa destinations, featuring a 50,000 sq. ft. spa and fitness center, and offering flexible meeting space for business and social occasions. At this tranquil location overlooking Tampa Bay, the centuries-old mineral springs continue to flow and are the source of our special brand of relaxation and rejuvenation.

## ***Resort Breakfast***

*Served Daily from 7:00 AM – 11:00 AM  
Sunday 7:00 AM – 11:30 AM*

<b><i>Full Breakfast Buffet served daily from 7:00 AM - 10:30 AM</i></b>	<b>14.00</b>
<b><i>Continental Breakfast served daily from 7:00 AM - 10:30 AM</i></b>	<b>8.00</b>
<b><i>Traditional American Breakfast</i></b>	<b>8.00</b>
<i>Two eggs any style, breakfast potatoes and choice of breakfast meat and breakfast bread</i>	
<b><i>Omelet or Frittata Creation</i></b>	<b>8.00</b>
<i>Choose up to three items: spinach, mushrooms, tomatoes, ham, peppers, bacon, sausage, Swiss, Mozzarella or Cheddar cheese and served with breakfast potatoes</i>	
<b><i>Eggs Benedict</i></b>	<b>10.00</b>
<i>Two poached eggs on an English muffin, Canadian bacon, topped with Hollandaise sauce, served with breakfast potatoes</i>	
<b><i>French Toast</i></b>	<b>7.00</b>
<i>Hand dipped French baguette served with warm maple syrup and honey butter, with choice of breakfast meat</i>	
<b><i>Belgian Waffle</i></b>	<b>8.00</b>
<i>Pressed out of our own cast iron waffle iron, served with fresh berries and whipped cream, with choice of breakfast meat</i>	
<b><i>Safety Harbor Pancakes</i></b>	<b>8.00</b>
<i>Resort's own hand mixed recipe creates this fluffy stack of three pancakes, served with honey butter and warm maple syrup</i>	
<b><i>Steak and Eggs</i></b>	<b>14.00</b>
<i>6 oz. Sirloin steak, flame grilled and served with two eggs any style and breakfast potatoes</i>	
<b><i>Smoked Scottish Salmon</i></b>	<b>9.50</b>
<i>Thinly sliced salmon, married with red onions, sliced tomato, capers and lemon, with choice of breakfast bread</i>	

*Egg white substitute or whole egg substitute available upon request  
Consuming raw or uncooked meat, poultry, seafood, shellfish or eggs  
may increase the consumer's risk of food-borne illness*



## *Signature Spa Breakfast*

<b>♥Spa Breakfast Bowl</b>	<b>7.50</b>
<i>Half grapefruit filled with cottage cheese and topped with fresh berries and granola</i>	
<b>♥The Season's Fruits</b>	<b>7.50</b>
<i>Plate of fresh seasonal fruit</i>	
<b>♥Low Fat Organic Yogurt</b>	<b>4.50</b>
<b>♥Healthy Spa Omelet</b>	<b>8.50</b>
<i>Fluffy egg white omelet with choice of three items: tomato, spinach, peppers, tofu, mushroom or onions</i>	
<b>Multi-Grain Belgian Waffle or Pancakes</b>	<b>8.00</b>
<i>Served with fresh berries</i>	
<b>♥Yogurt Parfait</b>	<b>8.50</b>
<i>Organic yogurt, house made granola, fresh berries and scented with honey</i>	
<b>Mediterranean Breakfast Pizza</b>	<b>10.00</b>
<i>Thinly sliced tomato, spinach, Feta cheese, topped with a poached egg on a freshly grilled pita</i>	
<b>♥Spa Breakfast Burrito</b>	<b>8.00</b>
<i>Sun-dried tomato tortilla, filled with sautéed onions, peppers, tomato and scrambled eggs, served with avocado and salsa</i>	

### *Side Items*

<b>♥Granola with Fresh Berries</b>	<b>3.00</b>
<b>Southern Style Grits</b>	<b>2.00</b>
<b>Assorted Cold Cereals</b>	<b>2.00</b>
<b>Bagel with Cream Cheese</b>	<b>3.50</b>
<b>Oatmeal</b>	<b>2.00</b>
<b>Breakfast Breads</b>	<b>3.00</b>
<i>Choice of: Assorted Bagels, English Muffins, Breads (Toasted), Fresh Croissant, Danish Pastries, Muffins</i>	
<b>Breakfast Meats</b>	<b>2.50</b>
<i>Choice of: Bacon Strips (3), Sausage Links (2), Country Ham (1), Canadian Bacon (2), ♥Turkey Bacon (3) or ♥Turkey Sausage (2)</i>	

### *Beverages*

<b>Fresh Brewed Coffee</b>	<b>3.00</b>
<b>Hot Tea</b>	<b>3.00</b>
<b>Espresso - Single</b>	<b>3.00</b>
<b>Cappuccino or Latte</b>	<b>4.00</b>
<b>Milk:</b>	<b>3.00</b>
<i>Whole, 2%, Skim or Soy</i>	
<b>Chilled Juices:</b>	<b>4.00</b>
<i>Orange, Grapefruit, Apple, Cranberry, Tomato, Vegetable</i>	

*Price does not include tax and gratuity.*

*18% service charge will be added to all parties of six or more.*

*♥ indicates healthy choices and low cholesterol.*

*Consuming raw or uncooked meat, poultry, seafood, shellfish or eggs may increase the consumer's risk of food-borne illness.*

*We will provide for special dietary needs upon request.*