













## Continental

**Breakfast** 





## Menu

Krusteaz Muesli Pancakes with Vegan Option

Muffins

Assorted Hot & Cold Cereals

Fresh Fruit (Apple or Orange or Grapes or Banana)

Yogurt (varies), Hard Boiled Eggs

Coffee, Tea, Milk, Juice

Served with care and attention to detail

**Seven Circles Retreat Center** 

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