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BREAKFAST MENU | September 08 – 12, 2025

Breakfast Hours: 7:00A-10:15A

SMOOTHIES

Available at Better For You



GREEN REFRESH

Coconut Water, Pineapple, Mango, Kale, Spinach

PROTEIN KICKSTART

Brewed Coffee, Almond Milk, Cinnamon, Banana, Hemp Protein Powder

STRAWBERRY BANANA

Strawberry, Banana, Yogurt, Coconut Water

TURMERIC TREATMENT

Turmeric, Black Pepper, Mango, Almond Milk

BETTER FOR YOU

MONDAY – CLOSED FOR LABOR DAY



TUESDAY BREAKFAST TACOS

Turkey Bacon & Egg Taco

WEDNESDAY SMOKED SALMON BAR

Traditional Smoked Salmon, Pastrami Smoked Salmon, Whole Wheat Everything Bagel, Green Olive Cream Cheese, Plain Cream Cheese

THURSDAY AVOCADO TOAST BAR – Build Your Own

FRIDAY SMOOTHIE BAR – Grab & Go

OATMEAL BAR

EVERYDAY: Classic Steel Cut



MONDAY: Mixed Berry

TUESDAY: Apple Honey

WEDNESDAY: Cornmeal-Coconut Porridge

THURSDAY: Cinnamon Raisin

FRIDAY: Sweet Cranberry Cream of Wheat

OMELET @ ACTION

BUILD YOUR OWN:

Egg or Egg Whites

Chicken, Turkey, Ham, Bacon

Spinach, Peppers, Onions,

Seasonal Vegetables

AT THE GRILL

WEEKLY SPECIAL:

BOSTON CREAM FRENCH TOAST



EGGWICHES

Cage Free Eggs or Egg Whites, Bacon, Sausage, or Veggie Sausage on Brioche, Wrap, Kaiser Roll, or Bread

CLASSIC PANCAKES



HOT BREAKFAST BAR

SCRAMBLED EGGS

SCRAMBLED EGG WHITES

PORK SAUSAGE LINKS

TURKEY SAUSAGE LINKS

TOFU SCRAMBLE Sweet Peppers & Green Onion

VEGETABLE SAUSAGE LINKS

ROASTED SCALLOPED RED BLISS POTATOES

+ Daily
Specials!



MARKET BAR

Daily Selection Of:

FRESHLY BAKED MUFFINS & PASTRIES



BAGELS & SPREADS



YOGURT PARFAITS



FRESH FRUIT



Vegetarian



Vegan



Better For You