

breakfast

classics

tradewinds buffet

featuring seasonal fruits, waffle, pancakes and omelets prepared to order, apple-wood smoked bacon, sausage links and breakfast potatoes, fresh juice station and coffee
21

continental buffet

featuring seasonal fruits, yogurt freshly baked breakfast breads and pastries
15

Buffet is for dine in only

classic buttermilk pancakes

blueberries, chocolate chips, or banana warm maple syrup
14

orange soufflé pancakes

topped with local organic oranges and “winter park” honey marmalade
14

irish smoked salmon

lox, onions, capers, chopped eggs, toasted bagel
15

steel cut oatmeal

brown sugar, bananas, walnuts and raisins
9

sour dough french toast

topped with blueberries, candied pecans and maple syrup
12

belgian waffle

fresh whipped cream and berries
12

Maintain BALANCE by substituting:
egg beaters for eggs
grilled tomatoes for breakfast potatoes
fresh fruit for breakfast meats
cottage cheese for breakfast bread

Our farm fresh eggs are sourced from Lake Meadow Eggs in Ocoee, FL. Our fresh squeezed orange juice is sourced from Lambeth Groves in Vero Beach, FL.

Tradewinds sources our food from responsible growers and producers that practice sustainable methods of farming. We buy local and organic whenever possible.

Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of food born illness.

If you have any concerns regarding food allergies, please alert your server prior to ordering.

18% gratuity will be added to parties of six or more.

eggs

classic eggs benedict

poached eggs, Canadian bacon, hollandaise sauce shredded hash brown potatoes
15

orlando farmers market eggs benedict

poached eggs, fried green tomatoes, spinach, charred red pepper, citrus hollandaise sauce, hash brown potatoes
14

egg white omelet

spinach, fennel and manchego cheese served with grilled tomatoes
15

three egg omelet

choice of bacon, sausage, spinach, mushroom, onion peppers, ham, spanish chorizo, cheddar, swiss or manchego cheese served with hash brown potatoes
15

“lake meadow” eggs any style

choice of bacon, ham, sausage or turkey sausage hash brown potatoes
14

fried organic egg sandwich

toasted brioche roll, cheddar and apple-wood smoked bacon, hash brown potatoes
12

steak and eggs

“harris ranch” filet mignon, bacon and mushroom hash two eggs any style and breakfast potatoes
19

house made corn beef hash

two eggs any style and breakfast potatoes
15

sides

breakfast breads, toast or pastry **3**
sausage links **3**
apple-wood smoked bacon **3**
single benedict-you choose **7**
country ham **3**

children’s menu

for our guests 12 and under

all items served with fruit cup
scrambled eggs with bacon and toast
5
waffles **4**
pancakes **4**
french toast **4**
assorted cereals **3**