

SEAGAR'S

START YOUR DAY WITH OUR BREAKFAST BUFFET

<p>Hilton breakfast buffet \$17</p> <p><i>Cook to order omelet, farm fresh eggs, french toast or pancakes, hickory smoked bacon, pork sausage links, lyonnaise potatoes, fresh fruit cuts, whole fruits, berries, yogurts, pastries, hot & cold cereals, import & domestic cheeses, cold cut meats, dried fruits, juice, coffee or tea.</i></p>
<p>Old town continental buffet \$14</p> <p><i>Fresh fruit cuts, whole fruits, berries, yogurts, pastries, hot & cold cereals, Import & domestic cheeses, cold cut meats, dried fruits, juice, coffee or tea.</i></p>

Healthy starters

<i>Fresh squeezed orange juice</i>	\$4
<i>Cranberry, apple, grapefruit, V-8, tomato, pineapple juices</i>	\$3
<i>Dry cereals & milk</i> <i>Option to top with bananas or mixed berries.</i>	\$7
<i>Oatmeal with raisins & brown sugar</i>	\$7.5
 Mango tango shake \$7.5	
<i>A smooth blend of fresh pineapple, orange, mango, low fat yogurt.</i> <i>Fat 1g, saturated fat 0.5g, cholesterol 5mg, carbs 48g, protein 5g, calories 210</i>	
<i>Assortment of seasonal berries</i>	\$10
 Market fruit salad bowl \$8	
<i>Market fresh fruit salad, honey ginger dressing.</i> <i>Fat 5g, saturated fat 0g, cholesterol 0g, carbs 43g, protein 3g, calories 170</i>	
 Fresh fruit yogurt crunch \$9.5	
<i>Seasonal fresh fruit and berries, low-fat yogurt, crunchy granola.</i> <i>Fat 1g, saturated fat 3g, cholesterol 10mg, carbs 53g, protein 7g, calories 270</i>	

Side orders

<i>Two eggs*</i>	\$4.5	<i>Fruit yogurt</i>	\$4
<i>Lyonnaise potatoes</i>	\$4	<i>English muffin/toast</i>	\$4
<i>Virginia ham</i>	\$5	<i>Bagel & cream cheese</i>	\$4
<i>Applewood bacon</i>	\$5	<i>Baker's basket</i>	\$7
<i>Cheddar grits</i>	\$4	<i>Applewood chicken sausage</i>	\$5



**In accordance with the City of Alexandria health code: consuming raw or undercooked meats, poultry, seafood, shell-fish or eggs may increase your risk of food borne illness*

19% Gratuity, will be added to parties of six or more

Executive Chef Jaime Barahona

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From the griddle

Belgian waffle	\$10
<i>Fresh seasonal berries, fresh whipped cream.</i>	
Short stack of buttermilk pancakes	\$10
<i>Buttermilk, blueberry, banana, or chocolate chip.</i>	
Brioche french toast	\$11
<i>Corn flake crusted, banana frita.</i>	

Breakfast specialties

Mixed vegetable frittata	\$11
<i>Traditional frittata, red onions, mushrooms, dill, asparagus, spinach, roma tomatoes, low fat egg substitute.</i>	
<small>Fat 2.5g, saturated fat 0g, cholesterol 0mg, carbs 24g, protein 23g, calories 210</small>	
All American*	\$12
<i>Two eggs your style, smoked bacon, pork sausage links, or grilled ham, lyonnaise potatoes, choice of toast.</i>	
Classic eggs benedict*	\$12.5
<i>Poached farm fresh eggs, canadian bacon, hollandaise sauce, grilled asparagus tips, toasted english muffin, lyonnaise potatoes.</i>	
Flat iron steak & eggs*	\$13
<i>Grilled steak, two eggs, lyonnaise potatoes, choice of toast.</i>	
Seagar's corn beef hash*	\$13
<i>Yukon gold potatoes, green onions, any style eggs, choice of toast.</i>	
Chesapeake omelet	\$12.5
<i>Stuffed with lump crab meat, baby spinach, cream cheese, & sweet onions, lyonnaise potatoes.</i>	
Smoked salmon egg burrito*	\$12.5
<i>Spinach tortilla, smoked salmon, scrambled eggs, roasted red pepper, dill, avocado, fresh tomato salsa.</i>	
<small>Fat 29g, saturated fat 7g, cholesterol 25mg, carbs 32g, protein 27g, calories 490</small>	
Omelet your way	\$11.5
<i>Lyonnaise potatoes, choice of toast, choice of any three items: cheddar, swiss, or american cheeses, ham, bacon, or sausage, mushrooms, peppers, red onions, tomato, or spinach.</i>	

Beverages

Coffee	\$3	Espresso	\$3.5
Tea	\$3	Café latte	\$3.5
Soda / water	\$3	Hot chocolate	\$3

Hilton eat right item, Hilton Eat Right nutritional values are determined through database analysis with the Food Processor SQL from ESHA Research, Inc., Salem, OR 97302 and available ingredient product data. This data is based on average serving size and standard portion guidelines. However, slight variations in nutritional values may occur due to seasonality, use of alternate suppliers, and menu item preparation. Cholesterol is indicated in milligrams.