

# 1840s Carrollton Inn



## Vegan Menu

We serve breakfast between **7:00am to 9:30am**, please fill out menu and attach to the room door by **11:00pm**

Today's Date: \_\_\_\_\_

First/Last Name & **INITIALS**: Guest 1: \_\_\_\_\_ Guest 2: \_\_\_\_\_

Are you dining with friends? If so, what room are they in? # \_\_\_\_\_

Please indicate your meal selections with your **INITIALS** for each menu item.

### Breakfast Locations:

TIME: \_\_\_\_\_ LOCATION:  Dining Room  Courtyard  In-Room

Would you like Coffee/Tea service prior to breakfast? (Left outside your door):

TIME: \_\_\_\_\_  Coffee or  Hot Water w/  Milk  1/2 & 1/2  Soy Milk

### Beverages:

Coffee \_\_\_\_\_ Decaf Coffee \_\_\_\_\_ Tea \_\_\_\_\_ Herbal Tea \_\_\_\_\_

Glass of Soy Milk \_\_\_\_\_ Orange Juice \_\_\_\_\_

House Juice (OJ & Cranberry) \_\_\_\_\_ Cranberry Juice \_\_\_\_\_

### Starters:

Bananas w/ Nuts \_\_\_\_\_ Grapefruit \_\_\_\_\_ Melons \_\_\_\_\_

*Soy and non-dairy milk and egg replacer are used in baked goods and pancakes.*

**Entrees:** (Entrees do not come with toast, if you wish to have a side of toast please indicate it in the bread section)

**Breakfast Burrito** (Black Beans, Brown Rice, Peppers, Onions & Tomatoes) w/  Salsa  Guacamole \_\_\_\_\_

**Pancakes** \_\_\_\_\_  Plain  Blueberry  Banana

**Vegan Bacon** \_\_\_\_\_ **Vegan Sausage** \_\_\_\_\_ **Home Fries** \_\_\_\_\_

**Macrobiotics Options:** Brown Rice with Stir-Fried Veggies \_\_\_\_\_ Miso Soup \_\_\_\_\_

**Bread:** Wheat Toast \_\_\_\_\_ Rye Toast \_\_\_\_\_ English Muffin \_\_\_\_\_

*If you have any allergies or would like something different, please let us know. (Vegetarian and gluten free menus also available.)*

*Enjoy your Meal!*

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