



Our Blue Zone Story

THE RUNNING Y RESORT HAS BEEN A PART OF THE BLUE ZONES INITIATIVE SINCE 2018. BLUE ZONES IS A COMMUNITY WELL-BEING IMPROVEMENT INITIATIVE DESIGNED TO CHANGE THE WAY PEOPLE EXPERIENCE THE WORLD AROUND THEM. OUR CHEF HAS HAND SELECTED THE FRESHEST, ORGANIC INGREDIENTS TO BRING YOU THE HEALTHIEST DINING EXPERIENCE POSSIBLE. FROM OUR LOCALLY SOURCED CREMINI MUSHROOMS, TO OUR WILD ALASKAN SALMON, WE CONTINUE TO PROVIDE A UNIQUE SELECTION FOR OUR GUESTS, WITH HEALTH IN MIND,



THIS IS THE MINDSET THAT WE WOULD LIKE TO SHARE
WITH YOU, OUR VALUED GUESTS.

"CREATE A LIFESTYLE AND ENVIRONMENT THAT MAKES THE
HEALTHY CHOICE THE EASY CHOICE."

-DAN BUETTNER
AUTHOR OF THE BLUE ZONES SOLUTIONS



-BLUE ZONE APPROVED



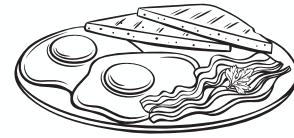
-VEGAN



RUNNING Y RESORT

BREAKFAST

7:00 A.M. - 11:00 A.M.



SIGNATURE BREAKFAST

ASK ABOUT OUR HOMEMADE BOYSENBERRY JAM

BRISKET HASH*

\$16

TENDER BRAISED BRISKET WITH COUNTRY POTATOES, ONIONS, AND BELL PEPPERS. SERVED WITH 2 EGGS ANY STYLE AND TOAST

SALMON HASH*

\$17

SALMON FLAKES WITH COUNTRY POTATOES. TOPPED WITH 2 POACHED EGGS, HOLLANDAISE SAUCE AND TOAST

CLASSIC EGGS BENEDICT*

\$16

HILLS MEAT COMPANY HAM, 2 POACHED EGGS, AND HOLLANDAISE SAUCE SERVED ON AN ENGLISH MUFFIN. SERVED WITH COUNTRY POTATOES

LINKVILLE BREAKFAST*

\$14

2 EGGS ANY STYLE, BACON, SAUSAGE, OR HAM, COUNTRY POTATOES AND TOAST

CHICKEN AND WAFFLES*

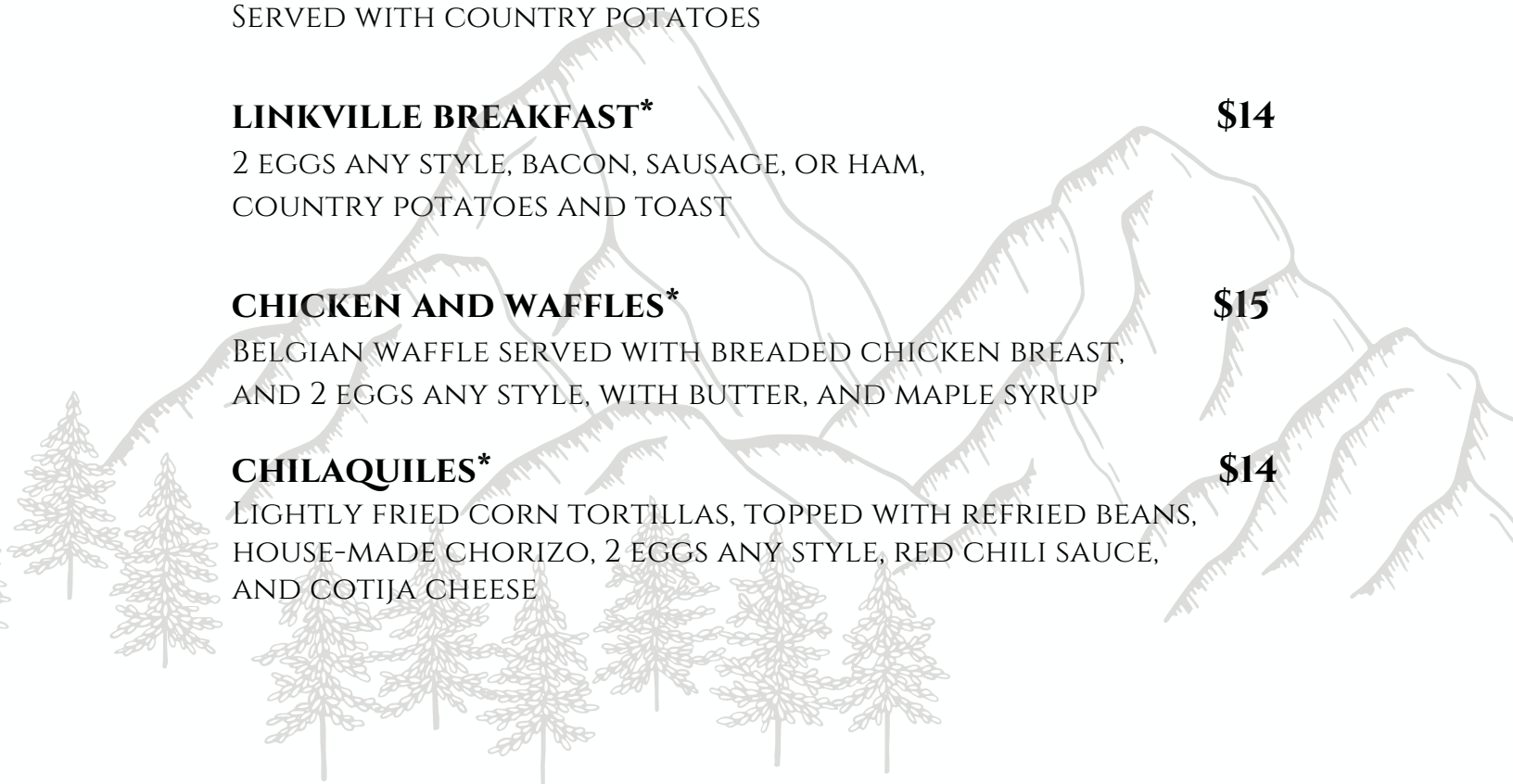
\$15

BELGIAN WAFFLE SERVED WITH BREADED CHICKEN BREAST, AND 2 EGGS ANY STYLE, WITH BUTTER, AND MAPLE SYRUP

CHILAQUILES*

\$14

LIGHTLY FRIED CORN TORTILLAS, TOPPED WITH REFRIED BEANS, HOUSE-MADE CHORIZO, 2 EGGS ANY STYLE, RED CHILI SAUCE, AND COTIJA CHEESE



BREAKFAST CONTINUED

CRATER LAKE BREAKFAST*

\$16

SIRLOIN STEAK, 2 EGGS ANY STYLE, COUNTRY POTATOES,
AND TOAST

COLLIER BREAKFAST*

\$16

3 EGGS ANY STYLE, BACON SAUSAGE AND HAM,
COUNTRY POTATOES, AND FRENCH TOAST

BISCUITS & GRAVY*

\$10

2 BUTTERMILK BISCUITS WITH SAUSAGE GRAVY. SERVED
WITH 2 EGGS ANY STYLE

BRIOCHE FRENCH TOAST

\$12

EGG, VANILLA AND CREAM BATTER DIPPED BREAD, GRIDDLED
GOLDEN BROWN. SERVED WITH CHOICE OF FRUIT OR SAUSAGE
PATTIES

SUPERFOOD PROTEIN SMOOTHIE



\$8

SEASONAL FRUITS AND SPINACH BLENDED WITH ALMOND
MILK AND ORGANIC PLANT-BASED PROTEIN POWDER

BAGEL & CREAM CHEESE

\$6

ASK OUR SERVERS ABOUT AVAILABLE OPTIONS

BOB'S RED MILL OATMEAL



\$6

SERVED WITH BROWN SUGAR AND RAISINS

YOGURT AND GRANOLA PARFAIT



\$10

VANILLA GREEK YOGURT LAYERED WITH FRESH BERRIES AND
GRANOLA

BREAKFAST SCRAMBLES

BREAKFAST SCRAMBLES CAN BE MADE INTO A BREAKFAST BURRITO

RANCH SCRAMBLE*

\$13

SCRAMBLED EGGS, CHEESE, YOUR CHOICE OF BACON, SAUSAGE, OR HAM, SPINACH, ONION, TOMATO, BELL PEPPER AND MUSHROOM. SERVED WITH COUNTRY POTATOES AND TOAST

VEGETARIAN SCRAMBLE*

\$13

SCRAMBLED EGG WHITES, CHEESE, SPINACH, ONION, TOMATO, BELL PEPPER, AND MUSHROOM. SERVED WITH COUNTRY POTATOES AND TOAST

SIDES

BISCUIT AND GRAVY **\$6**

BISCUIT OR TOAST **\$2**

HOMESTYLE POTATOES **\$5**

BACON, SAUSAGE OR HAM **\$5**

FRUIT CUP  **\$5**

ADD EGG ANY STYLE **\$2**

