



NELLIE CASHMAN'S
Monday Club Cafe

The Story of Nellie Cashman

Several independent-minded women came West in the 19th century, some with the dream of getting rich, some with the fear of how they would survive the frontier. Few enjoyed the prosperity or interesting experiences of a petite Irish lady named Nellie Cashman.

A restless adventurer, Cashman roamed the Old West for 50 years, prospecting for gold and spreading goodwill. She amassed and then lost or gave away a number of fortunes during her lifetime.

Cashman established restaurants and boarding houses in several western boomtowns, including the notorious Tombstone, never refusing a meal or a room to a down-and-out miner who couldn't pay. She enjoyed making money but often spent it on charitable causes as quickly as she earned it. Her philanthropic deeds earned her the respectful title of "Angel of the Mining Camps." While Nellie never shed the prospector's wanderlust, another group of pioneering women in northern Arizona was trying to find ways to settle in and, perhaps, recapture a more civilized lifestyle they had known back East.

Prescott, Arizona, was a rough and ready town in its early days, full of boisterous miners and devil-may-care cowboys. The town's rough edged male population was described as mostly unmarried, unchurched and unwashed. Seeing the need for refinement, a group of women organized the Monday Club in 1895.


Thirty women attended the first meeting to discuss cultural programs involving music, civic improvement and education. One of their first missions "in the interest of sanitation and cleanliness," was to persuade city fathers to pass an ordinance prohibiting spitting on the sidewalks.

The Monday Club's legacy continues today. One of the oldest continually active clubs in Arizona, the organization sponsors children's charities, scholarships and cultural growth in the Prescott community. (And, since they don't allow spitting on their sidewalks, we hope you honor that rule at this resort, as well.)


BREAKFAST

BEGINNING IDEAS

Freshly Squeezed Orange or Grapefruit Juice – 5

Blueberry-Banana Smoothie 

Soy Milk, Honey and All-Natural Granola – 7

Blueberry-Orange Protein Smoothie 

Immune-Boosting Blend with Banana and Soy Milk – 8

Seasonal Melon and Berries topped with Blueberry Flax Seed Granola and Honey-Vanilla Yogurt - 9

Sliced Orange and Grapefruit with Orange Honey - 7

Steel-Cut Cinnamon Scented Oatmeal Brûlée  with Sliced Banana and Pecans Drizzled with Honey – 8


House-Cured White Tea Salmon with Cream Cheese, Bagel, Onions, Heirloom Tomatoes and Capers – 14

GOOD IDEAS

Two Eggs*, Hash Brown Potato Cake, Roasted Roma Tomato, Crisp Bacon or Sausage and Choice of Toast – 14


Traditional Eggs Benedict* – 15

Three Egg Omelet* with Jack or Cheddar Cheese and Choice of Toppings to Include Onions, Tomatoes, Broccoli, Green Peppers, Bacon, Ham, Spinach and Green onion – 14

Broccoli & Cheddar Egg White Omelet*  Cured Roma Tomatoes, Hash Brown Potato Cake or Spring Salad – 14

Malted Waffle with Vermont Maple Syrup, Whipped Cream and Berries – 13

Homemade Corned Beef Hash with Poached Eggs* and Adobo Hollandaise Sauce – 15

Blueberry-Orange Granola Pancakes (3)  Citrus Berry Compote, Maple Syrup and Vermont Butter – 13

Brioche French Toast with Warm Berry Compote – 13

Short Stack of Pancakes (2) choice of Blueberry, Banana or Pecan - Maple Syrup and Whipped Cream – 13

ARIZONA IDEAS

Chorizo Flat Bread, Queso Fresco, Spinach and Poached Eggs* – 14

Southwest Eggs Benedict* – Two Poached Eggs Wild Boar Bacon, Creamed Spinach on Nellie's Toast with Chipotle Hollandaise – 16

Arizona Frittata – Spanish Chorizo, Fire-Roasted Chilies Tomatillo Salsa, Queso Fresco and Warm Tortillas – 14

Adobo Grilled NY Strip Steak with Two Eggs* 'Any Style', Yukon Potatoes & Poblano Peppers and Roasted Roma Tomato – 16

OTHER IDEAS

Bacon, Sausage or Grilled Ham Steak – 6

One Egg* – 4, Two Eggs* – 7

Hash Brown Potato Cake – 4



SuperFoods signature dishes have been indicated with the SuperFoods logo. "These nutritional powerhouse foods can help extend your health span-the extent of time you have to be healthy, vigorous and vital." – Dr. Steven Pratt, author of SuperFoods Rx: Fourteen Foods That Will Change Your Life.

©2009 Starwood Hotels & Resorts Worldwide, Inc.