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Fuel Up at the 10Best Breakfast Spots in Napa Valley

By Dana Rebmann |

It's no secret breakfast is the most important meal of the day. But fueling up isn't just a nutritional necessity in Napa Valley, it's an incentive to roll out of bed early. [C Casa's](#) take on Huevos Rancheros is the type of dish you won't want to share, so consider yourself warned. Accept you might make exceed your normal calorie count when you walk into [Bouchon Bakery](#) and find yourself face-to-face with lemon poppy seed muffins, chocolate almond croissants and apricot almond scones. Then there's the Iron Skillet Cornbread with lavender honey butter (served open to close) at [Grace's Table](#). If you're in a rush, the folks at Sweetie Pies have a long list of tasty choices including cinnamon buns, and a multitude of muffins and scones, that are easy to eat on the go, especially walking along the Napa River on a sunny day. If you have time to sit and enjoy, [The Boon Fly Cafe](#) offers its take on green eggs and ham. And you can always order a Bloody Mary or Mimosa to wash it down. Wherever you go, you'll eat well, and maybe wind up skipping lunch.

1 **SAM'S SOCIAL CLUB**



You can eat dessert first, even for breakfast at Sam's Social Club in Calistoga. Churros with Dulce de Leche Cream are next to impossible to say no to, but the fun menu may leave you a little indecisive. Sam's take on Egg in a Hole includes Parmesan crusted house-Brioche, mushroom fondue, and arugula. Then there's the avocado toast served with a soft boiled egg. If you're trying to be healthy, homemade granola with greek style yogurt, or fruit and yogurt are good choices. Don't forget to order a glass of fresh squeezed orange or grapefruit juice. If there's room, snag an outside table.