

restore balance this morning

Our SuperFoods breakfast menu features revitalizing dishes made from powerhouse ingredients rich in nutrients, antioxidants and delicious taste so you can start your day feeling recharged.

superfoods**		nuts
blueberries	tomatoes	oats
oranges	soy	yogurt
apples	broccoli	salmon

superfoods



- 8. cinnamon-scented oatmeal
- sliced banana, pecans and drizzled with honey
- 9. all-natural granola, low-fat yogurt, berries enhanced with flax seeds and almonds
- 14. egg white omelet, broccoli and cheddar
- 14. roma tomatoes, breakfast potatoes or spring salad

- 14. scrambled egg, turkey and cheddar wrap rolled with avocado in soft tortilla, salsa
- 14. blueberry orange granola pancakes
- 14. citrus berry salad, maple syrup and butter

from the bakery

butter croissant, muffin, danish, bagel, english muffin, multi-grain, wheat, or white toast

4.

continental breakfast buffet

yogurt, oatmeal, dry cereal, fresh whole and sliced fruit, pastries, breakfast breads, coffee, juice 12.95

ultimate breakfast buffet

sausage, bacon, potatoes, yogurt, oatmeal, dry cereal, fresh whole and sliced fruit, pastries, breakfast breads, coffee, juice 15.95

FOR ULTIMATE BREAKFAST BUFFET:

YOUR SERVER WILL TAKE YOUR EGG OR OMELET ORDER

arise

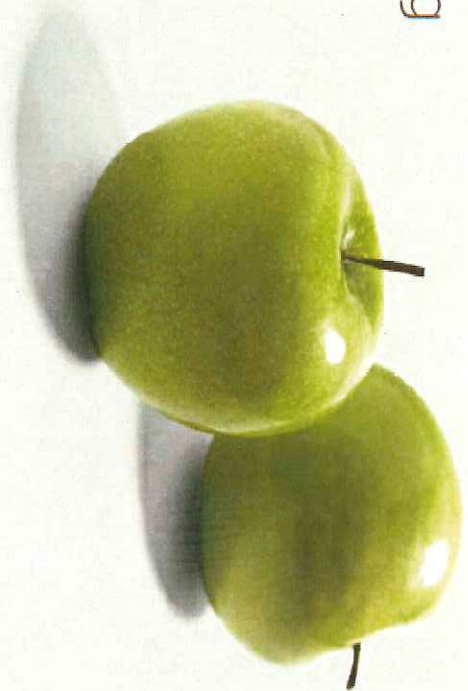
- 7. fresh seasonal berries
- 5. yoplait yogurt with fresh fruit cup
- 5. your favorite cereals
- cold cereal and a choice of 2%, skim, or soy milk
- oatmeal
- 5. topped with brown sugar

something extra

- 5. bagel with cream cheese
- 4. smoked bacon
- 4. sausage links
- 4. canadian bacon
- 3. breakfast potatoes
- 4. ham
- 5. chicken sausage

awake

- 3. starbucks coffee
- regular or decaffeinated
- 4. espresso
- 5. cappuccino
- 3. selection of tazo teas
- regular and decaffeinated
- 3. juices: orange, grapefruit, v8, cranberry, apple, tomato
- 2%, skim, chocolate or soy milk 3.



entrees

12. create your own omelet
your choice of two ingredients, breakfast potatoes, and your choice of toast (additional ingredients .50 each)

12. eggs your way
two eggs cooked to your style, with ham steak, applewood smoked bacon or sausage, breakfast potatoes, and your choice of toast (eggbeaters or egg whites available upon request)

14. eggs benedict
house cured p-meal canadian bacon, asparagus, hollandaise sauce and breakfast potatoes

12. pancakes
your choice of plain, blueberry or chocolate chip all served with maple syrup

12. french toast
served with maple syrup, powdered sugar and whipped cream

12. create your own sandwich
two eggs cooked to your style, your choice of cheese, ham steak, applewood smoked bacon or sausage, on your choice of breakfast bread served with breakfast potatoes

SuperFoods logo SuperFoods signature dishes have been indicated with the SuperFoods logo.

*Consuming raw or undercooked meats, seafood, shellfish, or eggs may increase your risk of food-borne illness.

***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.

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