

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

SuperFoods

- cinnamon-scented oatmeal sliced banana, pecans and drizzled with honey 7.
- all-natural granola, low-fat yogurt and berries enhanced with flax seeds and almonds 9.
- egg white omelet, broccoli and cheddar 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 citrus berry salad, maple syrup and butter 14.

- ### from the bakery 4.
- butter croissant, muffin, danish, english muffin, multi-grain, wheat, marble rye or white toast

entrees

- create your own omelet your choice of two ingredients and breakfast potatoes (additional ingredients .50 each) 12.
- eggs your way two eggs cooked to your style, with ham steak, applewood smoked bacon or sausage and breakfast potatoes (eggbeaters or egg whites available upon request) 10.
- eggs benedict house cured p-meal canadian bacon, asparagus, hollandaise sauce and breakfast potatoes 14.
- Pancakes your choice of plain, blueberry or chocolate chip all served with maple syrup 10.
- french toast served with maple syrup, powdered sugar and whipped cream 10.

continental breakfast buffet	12.95
yogurt, granola, oatmeal, dry cereal, fresh whole and sliced fruit, pastries, breakfast breads, coffee, juice	
ultimate breakfast buffet	15.95
sausage, bacon, potatoes, yogurt, granola, oatmeal, dry cereal, fresh whole and sliced fruit, pastries, breakfast breads, coffee, juice	
YOUR SERVER WILL TAKE YOUR EGG ORDER	

arise

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

something extra

- bagel with cream cheese 5.
- smoked bacon 4.
- sausage links 4.
- canadian bacon 4.
- breakfast potatoes 3.
- ham 4.
- chicken sausage 6.

awake

- starbucks coffee regular or decaffeinated 3.
- selection of tazo teas 3.
- orange or grapefruit juice 4.
- apple, cranberry or tomato juice 4.
- 2%, skim or chocolate milk 3.

 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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