

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

essential breakfast


select from our breakfast juices, season's best fruits, freshly baked morning pastries, butter, jams and steaming hot coffee & assorted teas.

signature superfoods dishes

steel cut cinnamon scented oatmeal 
sliced banana, pecans and drizzled with honey 6

berry, apple and granola muesli 
low fat vanilla yogurt, banana, walnuts, peach essence 7

egg white scrambled grilled cheese 
provolone cheese, whole wheat bread, oven dried tomato and arugula 12

scrambled egg whites 
topped with tomatoes, feta cheese and spinach
served with a whole wheat english muffin 12

smoked salmon silky tofu and avocado 
toasted bagel, mixed greens and roma tomato slices 17

classic breakfast

american
two eggs any style, breakfast potatoes, choice of applewood smoked bacon, sausage links or grilled ham, choice of toast or English muffin 12

three egg omelet
three eggs and your choice of two of the following: onion, mushrooms, tomatoes, sweet bell peppers, spinach, cheddar, or swiss cheese, served with breakfast potatoes and choice of toast or english muffin 14

classic eggs benedict
two poached eggs, sliced Canadian bacon, hollandaise and served with breakfast potatoes 12

steak and eggs
four oz. petite filet of beef grilled to order, two eggs any style, breakfast potatoes and your choice of toast or English muffin 16

brioche french toast
powdered sugar, berry compote, candied brioche bread or plain bread please indicate bread preference when ordering 11

smoked atlantic salmon
with toasted bagel and traditional condiments 12

lobster and mascarpone omelet
three eggs filled with rich mascarpone cheese and fresh lobster meat, served with breakfast potatoes and choice of toast or english muffin 16

fresh seasonal fruit plate
cottage cheese and mango yogurt served with a bran muffin 8

enhancements

selection of cold cereals 4
with fresh berries 6

fresh seasonal berries 7
toast or english muffin 4

side dishes

applewood smoked bacon 4
sausage links 4
grilled ham steaks 4
croissant or muffin 4
bagel with cream cheese 4

beverages

freshly brewed Starbucks® blend
coffee
regular or decaffeinated 3

assorted hot Tazo® teas 3
cappuccino 4

expresso 3.75

bottled flavored tea 4

bottled sparkling water 4

chilled orange or grapefruit juice 4

apple, cranberry, tomato,


pineapple juice 4

hot chocolate 3

Pepsi, Diet Pepsi, Sierra Mist 4

breakfast served daily

6:00am-10:00am

 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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