

# feed the body, nourish the soul

## superfoods\*\*

blueberries	oranges	soy
broccoli	salmon	yogurt
nuts	strawberries	
oats	tomatoes	

## morning is a time for renewed energy

the westin hotels breakfast menu offers revitalizing options that incorporate 'superfoods' rich in antioxidants, phytonutrients and balanced nutrition.

## rejuvenate

blueberry banana smoothie  
immune-boosting blend of ripe fruit and soy milk 5.00

market fresh cut fruit  
a bountiful selection of seasonal fruits, berries  
and cottage cheese 10.00

house made granola,  
berries and yogurt  
sprinkled with dried blueberries  
and shaved almonds 8.00

whole grain cereal or crunchy granola  
seasonal berries or sliced banana,  
soy milk available 6.00

steel cut oatmeal and banana brulée  
two favorites under a caramelized crust 7.00

organic farm fresh eggs à la carte  
two eggs as you like, applewood smoked bacon,  
sausage links, or grilled ham, crisp hash browns  
or spring greens salad 14.00

thin sliced smoked salmon on bagel brittle  
cured tomato, sprouts,  
chopped egg and sour cream 13.00

southwestern breakfast quesadilla  
flour tortilla, fresh tomatoes, cheddar cheese,  
salsa and sour cream 12.00

golden buttermilk pancakes  
your choice of plain, fruit or chocolate chips,  
dusted with powdered sugar 10.00

soft rolled omelet  
with choice of onions, peppers, mushrooms,  
spinach, broccoli, smoked turkey, tomatoes,  
ham, sausage and cheese and served  
with hash browns or spring salad 12.00

whipped egg white omelet  
with broccoli and cheddar  
cured roma tomatoes, crisp hash browns  
or spring greens salad 12.00

eggbeater and spinach tower  
served with salsa, avocado and grilled tortilla 12.00

## options

bowl of field grown berries  
a bright mix of the season's best offerings 7.00

fresh baked pastry basket  
flaky croissant, daily muffin and choice of multi-grain,  
sourdough, rye, white toast or english muffin with jam,  
honey and butter 6.00

low-fat yogurt  
choose from fruit, berry or plain 4.00

thick cut applewood smoked bacon,  
breakfast links or grilled ham 4.00

crisp hash brown potatoes 4.00

bagel with philadelphia® cream cheese 3.00

## revive

freshly brewed  
starbucks® coffee  
regular or decaffeinated 2.50

tazo® tea 2.50

juice  
orange, grapefruit, apple,  
cranberry or tomato 3.00

milk  
non-fat, 2%, or chocolate 2.50  
soy 2.95



# PARALLEL

\*\*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  
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