

# 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	yogurt	oats
apples	honey	salmon

## essential breakfast

### market fresh continental buffet

select from our fresh juices, season's best fruits, yogurt, cereals and breakfast breads including pastries, toaster station and bagels. served with butter, jams and steaming hot coffee & assorted teas 16.95

### continental breakfast

oatmeal, cold cereal, housemade almond granola, yogurt, whole and cut fresh fruit, milk, sliced cheeses and cold cuts with an assortment of breakfast breads and pastries 15.95

## superfoods

### steel cut oatmeal

mccann's irish oatmeal, caramelized bananas, fresh strawberries, golden raisins, brown sugar 5.95

### smoked salmon & local haas avocado

cream cheese, bagel, sweet bermuda onions and capers\* 17.95

### fresh fruit platter

seasonal fruits and berries, low fat yogurt, low fat granola bar 16.95

### egg white omelet, broccoli, and cheddar

with aged cheddar and fresh herbs, flash broiled roma tomato, roasted red potato wedges or organic greens\* 16.95

### spicy smoked turkey taco & egg white scramble

with cheddar cheese, avocado, and salsa\* 16.95

## invigorate

### assorted cold cereals

raisin bran, special k, froot loops, frosted flakes, granola or all bran 5.95  
add bananas or strawberries, 2.95

### toast

choice of white, whole wheat, rye, sourdough or multi-grain 4.95

### bread basket

a sampling of breakfast pastries 6.95

english muffin or bagel with cream cheese 5.95

## rejuvenate

freshly squeezed orange & grapefruit juice 5.95

apple, v8, pineapple or cranberry juice 4.95

chilled seasonal fruit 13.95

### berry parfait

housemade with layers of almonds, berries, and yogurt 10.95

### low fat yogurt

plain, berry or banana 4.95

blueberry smoothie with soy milk, honey, and

served with flax seed granola 7.95

## indulge

### ultimate breakfast buffet *selections may vary*

market fresh fruit selections including seasonal melons and berries, plain and fruit flavored low-fat yogurt, steel cut oatmeal, selection of cold cereals and milk, smoked salmon, bagel bar with butter and plain cream cheese, assorted breakfast pastries, eggs benedict, french toast, pancakes, roasted red potato wedges, country style sausage, applewood smoked bacon, 3 item omelets and eggs cooked to order\* (offered most mornings) 22.00

### american breakfast

two eggs any style, roasted red potato wedges and your choice of applewood smoked bacon, country sausage or ham steak\* 18.95

### eggs benedict

poached eggs, canadian bacon on a toasted english muffin, hollandaise sauce, roasted red potato wedges.\* 19.95

### belgian waffle

house almond brittle, mixed berries 18.95

### buttermilk and 7-grain pancakes

maple syrup and whipped butter 18.95

### stuffed raisin brioche french toast

citrus infused mascarpone, fresh seasonal fruit compote 18.95

### make your own omelet

three eggs with your choice of three items: ham, bacon, spinach, asparagus, green onions, bell peppers, mushrooms, tomatoes, cheddar, feta or goat cheese, with roasted red potato wedges\* 18.95

### ny steak & eggs

with wild mushroom bacon hash and grilled tomatoes\* 25.95

### fast fare

quickly scrambled eggs, diced ham and roasted red potato wedges\* 17.95

### broken yolk fried egg sandwich

sourdough, cheddar, maple pepper bacon, grilled tomatoes and roasted tomato wedges\* 17.95

## revive

starbucks coffee or tazo teas 5.95

cappuccino or latte 5.95

espresso 4.95

milk, 2%, skim or chocolate 2.95

freshly brewed iced tea 3.95

soft drinks 3.95

## options

### breakfast meat

applewood smoked bacon, turkey bacon, turkey sausage, pork sausage, canadian bacon or ham 6.95

short stack pancakes 6.95

\*consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.



\*\*these nutritional powerhouse foods can help to extend your health span - the extent of time you have to be healthy, vigorous & vital"

Dr. Stephen Pratt, author of SuperFoods Rx: fourteen foods that will change your life

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