

# 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	turkey	nuts
pomegranate	tomatoes	oats
oranges	soy	yogurt
apples	broccoli	salmon
cinnamon	avocado	spinach
		tea


## breakfast table


seasonal fruits and berries, yogurt, steel-cut oatmeal, whole grain cereals, all-natural granola, scrambled eggs, smoked bacon, sausage links, breakfast potatoes, bakery selections, bagels with cream cheese, selection of breakfast juices, freshly-brewed Starbucks® coffee and assorted Tazo® teas 23.50


## invigorate

steel-cut cinnamon-scented oatmeal   
green apples, walnuts and honey drizzle 10.00


whole grain cereal  
or crunchy all natural granola  
seasonal berries or sliced banana 9.00


berry, apple and granola muesli   
low-fat vanilla yogurt, banana, walnuts and  
pomegranate essence 12.00

market fresh fruit and berries   
a bountiful selection of the season's best 12.00

seasonal fruit and berry smoothie   
immune-boosting blend with low-fat yogurt 8.50

## rejuvenate

organic pastel of eggs and  
all-natural turkey omelet   
laced with arugula, low-fat cheddar,  
tomato and avocado salad 17.00


egg white and young spinach omelet   
folded with sauteed onions and low-fat cheddar cheese,  
cherry tomato and arugula salad 15.50

blueberry and orange granola pancakes   
maple syrup and whipped butter 16.00

sylvan star gouda stuffed french toast  
honey ham, saskatoon berry compote, arugula salad 16.50

## indulge

grilled ham and eggs\*  
organic eggs done your way, crisp hashbrowns,  
choice of grilled ham, bacon or sausage, and  
toast or english muffin 15.00

smoked salmon "benedict"\*   
poached organic eggs, wilted spinach on english  
muffin with olive oil citrus hollandaise 18.00

crisp belgian waffle  
seasonal berries, whipped cream  
and warm maple syrup 16.00

## options

bagel with Philadelphia®  
cream cheese 6.00

bowl of field grown berries   
a bright mix of the season's best 8.00

freshly baked pastry basket  
butter and fruit preserves 7.50

low-fat yogurt   
choice of fruit, berry or plain 6.50


crispy hashbrown potatoes 6.00  
smoked bacon, breakfast links  
or grilled ham 6.50

## energize


Starbucks® coffee  
freshly-brewed regular or decaffeinated 5.50

assorted Tazo® teas 5.50

juice  
orange , grapefruit, apple,  
cranberry, or tomato 5.50

milk  
non-fat, 2%, chocolate or soy  5.00

\*consuming raw or undercooked meats, seafood, shellfish, or eggs may increase your risk of foodborne 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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