

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


invigorate

steel-cut cinnamon-scented oatmeal 
green apples, walnuts and honey drizzle 10.50


whole grain cereal
or crunchy all natural granola
seasonal berries or sliced banana 9.50


berry, apple and granola muesli 
low-fat vanilla yogurt, banana, walnuts and
pomegranate essence 12.50

market fresh fruit and berries 
a bountiful selection of the season's best 12.50

seasonal fruit and berry smoothie 
immune-boosting blend with low-fat yogurt 9.00

rejuvenate

organic pastel of eggs and
all-natural turkey omelet 
laced with arugula, low-fat cheddar,
tomato and avocado salad 17.50


egg white and young spinach omelet 
folded with sauteed onions and low-fat cheddar cheese,
cherry tomato and arugula salad 16.50

blueberry and orange granola pancakes 
maple syrup and whipped butter 17.00

smoked salmon sourdough panini
chive cream cheese, tomato and avocado salad 17.50

indulge

grilled ham and eggs*
organic eggs done your way, crisp hashbrowns,
choice of grilled ham, bacon or sausage, and
toast or english muffin 15.50

smoked salmon "benedict"* 
poached organic eggs, wilted spinach on english
muffin with olive oil citrus hollandaise 19.00

crisp belgian waffle
seasonal berries, whipped cream
and warm maple syrup 17.00

options

bagel with Philadelphia®
cream cheese 6.50

bowl of field grown berries 
a bright mix of the season's best 8.50

freshly baked pastry basket
butter and fruit preserves 7.50

low-fat yogurt 
choice of fruit, berry or plain 7.00

crispy hashbrown potatoes 6.50
smoked bacon, breakfast links
or grilled ham 7.00

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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