



# RESTORE BALANCE THIS MORNING

Our SuperFoods breakfast menu features revitalizing dishes made from powerhouse ingredients rich in nutrients and antioxidants and taste delicious so you can start your day feeling recharged.


## INVIGORATE

Market Fresh Fruits and Berries   
A bountiful selection of the season's best 12.00

Berry, Apple and Granola Muesli   
Low-fat vanilla yogurt, banana, walnuts and pomegranate essence 12.00


Steel Cut Cinnamon-Scented Oatmeal   
Green apples, walnuts and honey drizzle 9.50

Cereal or Crunchy All-Natural Granola  
Seasonal berries or sliced banana 10.00


Blueberry Protein Smoothie   
Banana, orange, apple, soy protein 6.00

## REJUVENATE

Organic Pastel Egg White and All-Natural Turkey Omelet   
Laced with arugula, low-fat cheddar  
Tomato and avocado salad 16.50

Smoked Salmon "Benedict"<sup>\*\*</sup>   
Poached organic eggs, wilted spinach on English muffin with olive oil citrus hollandaise 17.50

Blueberry and Orange Granola Pancakes   
Maple syrup and whipped butter 15.50

Egg White and Young Spinach Omelet   
Folded with sautéed onions and low-fat cheddar cheese  
Mini tomato and arugula salad 15.00

## INDULGE


Crisp Belgian Waffle  
Seasonal berries, whipped cream,  
warm maple syrup 15.50

Grilled Ham and Eggs\*  
Organic eggs done your way, crispy hash browns  
choice of grilled ham, bacon or sausage,  
and toast or English muffin 15.50

Smoked Salmon Croque Monsieur\*  
Sourdough, aged cheddar, fried egg  
Tomato and avocado salad 17.00

## OPTIONS

Bowl of Field Grown Berries   
A bright mix of the season's best 8.00

Low-Fat Yogurt   
Choice of fruit, berry or plain 6.00



Freshly Baked Bagel  
Philadelphia<sup>®</sup> cream cheese 5.40

Freshly Baked Pastry Basket  
Butter and fruit preserves 7.50

Smoked Bacon, Breakfast Sausage Links  
or Grilled Ham 6.00

Crispy Hash Brown Potatoes 5.50

## ENERGIZE

Juice  
Orange , grapefruit, apple, cranberry, or tomato  5.00

Starbucks<sup>®</sup> Coffee  
Cappuccino 5.50  
Latte 5.50  
Espresso 5.00  
Freshly-brewed regular or decaffeinated 5.50

Assorted Tazo<sup>®</sup> Teas 5.00

Milk  
Regular, 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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