

# 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





## invigorate

steel-cut cinnamon-scented oatmeal  
sliced banana, pecans and honey drizzle 9.00 

whole grain cereal or  
crunchy all natural granola  
seasonal berries or sliced banana 8.50


market fresh fruit and berries   
a bountiful selection of the season's best 11.00

blueberry and green tea smoothie   
immune-boosting blend with banana,  
orange and soy milk 7.50

berry, apple and granola muesli   
low-fat vanilla yogurt, banana, walnuts,  
pomegranate essence 10.50

michigan morel and scrambled egg  
panni  
local farm fresh asparagus, caramelized onions,  
boursin cheese and crusty cibatta 14.00

## rejuvenate

poached organic eggs,   
smoked salmon "benedict"\*  
wilted spinach, english muffin,  
olive oil citrus hollandaise 16.00

chocolate chip challah french toast  
traverse city cherry compote spiked with bourbon,  
whipped cream and crushed pecans 12.50

whipped egg whites omelet   
with broccoli and cheddar  
crisp hash browns or field greens 14.00

blueberry and orange granola pancakes   
citrus berry salad, maple syrup and whipped butter 14.50

## indulge

grilled ham and eggs\*  
organic eggs done your way, crisp hash browns  
and choice of toast (change to bacon or sausage,  
if you'd like) 13.00

organic pastel eggs and   
all natural turkey omelet  
laced with arugula, low-fat cheddar,  
tomato and avocado salad 15.00

crisp belgian waffle  
seasonal berries, whipped cream  
and warm maple syrup 14.50

## options

bagel with Philadelphia®  
cream cheese 5.50

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

freshly baked pastry basket  
butter and preserves 6.50

crusty hash brown potatoes 5.50

low-fat yogurt   
choose from fruit, berry or plain 6.00

crisp smoked bacon,  
breakfast links or grilled ham 6.00

## energize


freshly brewed Starbucks® coffee  
regular or decaffeinated 5.00

assorted Tazo® teas 5.00

juice  
orange , grapefruit, apple,  
cranberry, or tomato 5.00

milk  
non-fat, 2%, soy , or chocolate 3.00

\*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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