




# 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  GF  
A bountiful selection of the season's best 10.50


Berry, Apple and Granola Muesli   
Low-fat vanilla yogurt, banana, walnuts and pomegranate essence 10.50


Steel-Cut Cinnamon-Scented Oatmeal   
Green apples, walnuts and honey drizzle 9

Assorted Dry Cereals GF  
Choose from a variety, including gluten free Rice Chex® 8.50

Orange, Apple, Pomegranate Smoothie  GF  
With banana, strawberries and silken tofu 5.50

## REJUVENATE


Organic Pastel Egg White and All-Natural Turkey Omelet  GF  
Laced with arugula, low-fat cheddar tomato and avocado salad 15

Smoked Salmon “Benedict”\*\*   
Poached organic eggs, wilted spinach on English muffin with olive oil citrus hollandaise 15

Blueberry Greek-Yogurt Pancakes   
Maple syrup and whipped butter 13.50


Egg White and Young Spinach Omelet  GF  
Folded with sautéed onions and low-fat cheddar cheese Mini tomato and arugula salad 14

## ENERGIZE

Juice GF  
Orange , grapefruit, apple, cranberry, or tomato  4.75

Starbucks® Coffee GF  
Cappuccino 5.25  
Latte 5.25  
Espresso 3.75  
Freshly-brewed regular or decaffeinated 4.25

Assorted Tazo® Teas GF 4.25

Milk GF  
Regular, non-fat, 2%, chocolate or soy  4.75

## 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 19.95

## INDULGE

Gluten-Free French Toast GF  
Served with maple caramelized apples and cranberries 15


Grilled Ham and Eggs\*  
Organic eggs done your way, crispy hash browns, choice of grilled ham, bacon or sausage, and toast or English muffin 13

Andouille Sausage and Brussels Sprouts Hash GF  
Topped with hollandaise 13

## OPTIONS

Bowl of Field Grown Berries  GF  
A bright mix of the season's best 6.75

Low-Fat Yogurt  GF  
Choice of fruit, berry or plain 5.25

Yogurt Parfait  GF  
Choice of fruit, berry or plain 7

Freshly Baked Bagel  
Philadelphia® cream cheese 5

Freshly Baked Pastry Basket  
Butter and fruit preserves 6.50

Smoked Bacon, Breakfast Sausage Links or Grilled Ham 5

Crispy Hash Brown Potatoes 5

## JUICES

Beet, Carrot, Spinach, Apple, Lemon, Ginger 8

Fennel, Spinach, Pear 8

Cucumber, Honey Dew, Cilantro, Mint 10

Orange, Grapefruit, Lemon, Lime 8

## SMOOTHIES

Strawberry, Banana, Goji, Coconut Milk 12

Blueberry, Acai, Banana, Goji, Coconut Water 12

Almond Milk, Almond Butter, Banana, Dates 1

\*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*

GF We pride ourselves in providing gluten friendly menu choices. While we endeavor to carefully prepare those meals to accommodate a gluten-free diet please be aware that they may be prepared in an environment where gluten is present. Please ask your server to assist you in making your selection. Please consult your physician as to your personal health decisions.

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