

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 13.00

Berry, Apple and Granola Muesli

Low fat vanilla yogurt, banana, walnuts and pomegranate essence 13.00

Steel Cut Cinnamon-Scented Oatmeal

Green apples, walnuts and honey drizzle 10.50

Cereal or Crunchy All Natural Granola

Seasonal berries or sliced banana 10.50

Blueberry Protein Smoothie

Banana, orange, apple, soy protein 7.50

REJUVENATE

Organic Pastel Egg White and All-Natural Turkey Omelet

Laced with arugula, low-fat cheddar
Tomato and avocado salad 18.00

Smoked Salmon "Benedict"

Poached organic eggs, wilted spinach on English muffin with olive oil citrus hollandaise 19.00

Blueberry and Orange Granola Pancakes

Maple syrup and whipped butter 17.00

Egg White and Young Spinach Omelet

Folded with sautéed onions and low-fat cheddar cheese
Mini tomato and arugula salad 17.00

ENERGIZE

Juice

Orange , grapefruit, apple, cranberry, or tomato  5.50

Starbucks Coffee

Cappuccino 6.50

Latte 6.50

Espresso 5.00

Freshly-brewed regular or decaffeinated 5.50

Assorted Tazo Teas 5.50

Milk

Regular, non-fat, 2%, chocolate or soy  5.50

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 25.00

INDULGE

Crisp Belgian Waffle

Seasonal berry compote, whipped cream, maple syrup 18.50

Grilled Ham and Eggs

Organic eggs done your way, crispy hash browns choice of grilled ham, bacon or sausage, and toast or English muffin 17.00

Grilled 6oz AAA NY Striploin

Organic eggs done your way, crispy hash browns shallot and wild mushroom sauté, veal jus 24.00

House Made Turkey Chorizo Wrap

Spinach Tortilla, Scrambled Eggs, Guacamole, Cheddar Cheese and Arugula.

Served with Sour Cream, Salsa and Fresh Fruit Cup 18.00

OPTIONS

Bowl of Field Grown Berries

A bright mix of the season's best 9.00

Low-Fat Yogurt

Choice of fruit, berry or plain 7.00

Freshly Baked Bagel

Philadelphia® cream cheese 6.50

Freshly Baked Pastry Basket

Butter and fruit preserves 8.00

Smoked Bacon, Breakfast Sausage Links or Grilled Ham 7.00

Crispy Hash Brown Potatoes 6.50

*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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