

# FRESH START

## SuperFoods

*Powerfully paired – Our delectable superfoods dishes pair whole foods to boost their benefits and their flavors. Antioxidant rich and naturally low in calories, our tempting selections make healthful meals impossible to resist.*

### STEEL CUT OATMEAL WITH BANANA, PECAN AND LOCAL HONEY COMPOTE

McCann’s Irish oatmeal, brown sugar, golden raisins \$11.00 

### WHIPPED EGG WHITE AND PETIT SPINACH OMELET

Aged cheddar and fresh herbs, roasted baby white rose potatoes, fresh fruit \$23.00 

### SPICED TURKEY OR TOFU AND EGG WHITE SCRAMBLE

Your choice of ground turkey or tofu, shredded cheddar cheese, fresh fruit \$22.50 

### SMOKED SALMON AND LOCAL HAAS AVOCADO

Cream cheese, bagel, sweet Bermuda onions and capers \$24.95 

### POACHED EGGS, STEAMED SPINACH, GRILLED TOMATO

On toasted English muffin, roasted baby white rose potatoes \$24.95 

### BREAKFAST TRIO

Gluten free banana tea bread, greek yogurt with local honeycomb, fresh berries \$21.75  GF

## FRUITS, JUICES & YOGURTS

### FRESHLY SQUEEZED ORANGE OR GRAPEFRUIT JUICE \$7.75

APPLE, TOMATO , OR CRANBERRY JUICE \$7.00

HALF RUBY RED GRAPEFRUIT \$7.00

### YOGURT

Plain, low fat, strawberry-banana, Greek Honey Vanilla, Greek Strawberry \$7.00 

## BREADS AND PASTRIES

### TOAST OR ENGLISH MUFFIN

Choice of white, whole wheat, sourdough or raisin \$6.25

BREAKFAST PASTRIES \$6.25

### BAGEL AND CREAM CHEESE

Plain or daily selection \$9.95

## CEREALS

### ASSORTED COLD CEREALS

Raisin Bran, Special K, Fruit Loops, Frosted Flakes, Granola or All Bran \$ 7.50

Add bananas or strawberries for \$4.00

## SIDE ORDERS

### APPLEWOOD SMOKED BACON, CHICKEN SAUSAGE, OR

COUNTRY PORK SAUSAGE \$7.00

GRILLED FRESH HOUSEMADE HASHBROWNS \$7.00



“These nutritional powerhouse foods can help extend your health span - extend the time you have to be healthy, vigorous and vital.” - Dr. Steven Pratt, *Superfoods Rx: Fourteen Foods That Will Change Your Life.*



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.  
15% gratuity will be added on parties of six guests or more



# EAT WELL

## BREAKFAST ENTRÉES

SUPERFOOD CONTINENTAL BUFFET \$23.75 

Browse our SuperFoods cold buffet and choose from seasonal cut and whole fresh fruits, cold cereal, low-fat and greek plain and flavored yogurts, vegetables, olives, hardboiled eggs and feta cheese. Enjoy a toast station with a large selection of breads, gluten free options, bagels, and pastries. Served with freshly brewed Starbucks Coffee and Tazo Teas, and fresh juices.

ULTIMATE SUPERFOOD BREAKFAST BUFFET  \$29.75 

The ultimate SuperFoods buffet provides all of the selections from the continental as well as a variety of hot items. Enjoy favorites such as smoked salmon, a SuperFoods hot entrée and a SuperFoods eggs dish (items rotate daily) scrambled eggs and eggs benedict, fresh hash brown potatoes, Applewood smoked bacon, pork sausage, freshly made pancakes or French toast with caramelized bananas. Additionally we feature congee, miso soup, assorted pickles and noodles. Served with freshly brewed Starbucks Coffee and Tazo Teas, and fresh juices.

\*Your server will assist you with your choice of toast, omelets (three items maximum), and eggs or egg whites cooked to order.

AMERICAN BREAKFAST 

Two eggs any style, roasted baby white rose potatoes and your choice of apple wood smoked bacon country sausage or chicken sausage. Includes a choice of freshly brewed Starbucks Coffee or Tazo Teas, toast and a choice of juice \$24.95

EGGS BENEDICT 

Poached eggs and Canadian bacon on a toasted English muffin topped with hollandaise sauce, served with roasted baby white rose potatoes \$23.50

BUTTERMILK BLUEBERRY PANCAKES

Blueberry compote, Vermont pure maple syrup, lightly dusted with powdered sugar \$20.75

BELGIAN WAFFLE

Fresh berries and whipped cream, Vermont pure maple syrup \$20.75

THREE CHEESE OMELET

Three farm fresh eggs or egg white omelet, white cheddar, provolone, and alpine Swiss \$23.50

## COFFEE, TEA, & REFRESHMENTS

FRESHLY BREWED STARBUCKS COFFEE

*Regular or decaffeinated \$6.00*

TAZO TEAS \$5.75

CAPPUCCINO OR LATTE \$6.25

ESPRESSO \$4.50

MILK \$6.00

Regular, low fat, nonfat, soy

FLAT OR SPARKLING WATER \$7.00

FRESHLY BREWED ICED TEA OR LEMONADE \$5.75

COKE, DIET COKE, SPRITE, DIET SPRITE OR ROOT BEER \$5.75

COLD PRESSED JUICES

Carrot, orange, ginger and mango \$8.50

Celery, cucumber, lime and coconut water \$8.50

SMOOTHIES

Raspberries, strawberries, mint, rosewater, dates and almond milk \$8.50

Blueberries, spinach, flax seeds, banana, almond milk and granola \$8.50

 Consumer advisory: these items are served raw, undercooked or may have raw products as part of their preparation. consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of food borne illness

Chemicals known to the state of california to cause cancer, birth defects or other reproductive harm may be present in foods or beverages sold or served here. foods such as french fries and potato chips cooked in oil at high temperatures can produce proposition 65-listed chemicals such as acryl amide, which is known to the state to cause cancer; broiling, grilling and barbecuing fish and meats can produce proposition 65-listed chemicals such as benzo-a-pyrene, which is known to the state to cause cancer; nearly all fish and seafood contain some amount of mercury and related compounds, chemicals known to the state of california to cause cancer, and birth defects or reproductive harm. certain fish contain higher levels than others. pregnant and nursing women, women who may become pregnant and young children should not eat swordfish, shark, king mackerel or tilefish. they also should limit their consumption of other fish, including tuna.

