

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

Orange Apple Pomegranate Smoothie  GF
With banana, strawberries and silken tofu 7

House-made Granola, Berries and Yogurt
Honey granola made with pistachio, almonds and pecans 8.50

Berry, Apple and Granola Muesli 
Tart apple, banana, berries, vanilla yogurt, and pomegranate essence 8.50

Assorted Dry Cereals GF
Choose from a variety, including gluten free Rice Chex® 6.50

Market Fresh Fruit  GF
A bountiful selection of seasonal fruit and berries 11

Steel-Cut Oatmeal with Banana Brûlée 
Two favorites under a caramelized crust 8

REJUVENATE

Organic Farm Fresh Eggs a la Carte
Two eggs as you like, choose smoked bacon, turkey bacon, sausage links or grilled ham with crisp hash browns, spring greens salad or fruit cup 14

Thin Sliced Smoked Salmon on Bagel 
Tomato, onion, egg, capers and cream cheese 13

Southwestern Breakfast Quesadilla
Flour tortilla, scrambled egg, tomato, chorizo and cheddar cheese served with avocado, tomato salsa and sour cream 15

Soft Rolled Omelet
Select eggs, egg beaters or egg whites and your choice of 3 toppings: onion, pepper, mushroom, tomato, spinach, broccoli, cheese, bacon, ham or sausage 14

Egg White Turkey Wrap 
Whole wheat wrap, scrambled egg white, all natural turkey, spinach and cheddar 13

Eggbeater Spinach Tower 
Layers of egg and spinach served with salsa, avocado and grilled flour tortilla 14

Traditional Eggs Benedict
Toasted English muffin, with Canadian bacon, soft poached egg and hollandaise 15

Blueberry Greek-Yogurt Pancakes 
Maple syrup and whipped butter 13

Texas Style French Toast
Vanilla-bean batter, sugar dusted and topped with berries 13

OPTIONS

Bowl of Field Grown Berries  GF
The season's best offerings 8

Freshly Baked Pastry Basket
Flaky croissant, muffin, danish and choice of multi-grain, sourdough, rye, wheat, white or English muffin with jam, honey and sweet cream butter 7

Yogurt  GF
Choose from regular, low fat and Greek 5

Breakfast Meats
Bacon, turkey bacon, sausage links, apple chicken sausage or Canadian bacon 6

Hash Brown Potato 4

Bagel with Cream Cheese 4

Freshly Baked Muffin 3

ENERGIZE

Freshly Brewed Starbucks® Coffee 2.50

Tazo® Tea 2.95

Cappuccino 3.25

Juice
Orange , pink grapefruit, pineapple, cranberry, apple, V-8® or tomato  3

Soy Milk  3

Milk
Whole, non-fat or 2% 2.50

PARALLEL

40

*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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