

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	tomatoes	nuts
oranges	soy	oats
avocados	broccoli	yogurt
		salmon


superfoods

steel cut cinnamon scented oatmeal
sliced banana, pecans and drizzled with honey 9.00 

all natural granola, low fat yogurt
and berries

enhanced with flax seeds and almonds 11.00 

smoked salmon silky tofu and avocado*


toasted bagels, micro greens,
grape tomatoes 18.00 

egg white omelet, broccoli and cheddar*

cured roma tomatoes, crisp hash browns
or spring salad 17.00 

cholesterol free eggs also available

blueberry orange granola pancakes

citrus berry salad, maple syrup and
whipped butter 14.00 

rejuvenate

market fresh sliced fruit

seasonal berries, honey-orange yogurt,
banana nut bread 12.00

bowl of berries

seasonal selection 9.00

assorted dry cereals

banana or strawberries, low fat, skim or whole milk 9.00

refresh

florida eggs benedict*

two organic soft poached eggs, toasted brioche,
garlic braised spinach, jumbo lump crabmeat,
asparagus 18.00

farm house skillet*

two eggs as you like, cassoulet of onions,
red skin potatoes, sausage, bacon and ham,
white cheddar gravy 16.00

housemade corned beef hash*

two eggs as you like, onion, parsley 16.00

brioche french toast

caramelized bananas foster 15.00

energize

crunchy french toast

granola crust, sliced strawberries,
warm vermont maple syrup 16.00

zephyr farm organic eggs*

two eggs as you like, choice of bacon,
pork sausage, or ham steak 15.00

market omelet*

three eggs with choice of onions, mushrooms,
peppers, tomatoes, ham, bacon, or spinach;
choice of american, swiss, provolone, or
cheddar cheese 16.00

char-grilled steak and eggs*

six-ounce new york strip, three eggs as you like,
butter poached asparagus, shiitake-tomato
ragout 18.00

golden buttermilk pancakes

warm vermont maple syrup 13.00

crisp belgian waffle

choice of caramelized bananas foster or berry
confiture, warm vermont maple syrup 14.00

organic omelet*

three eggs, pepper jack cheese, tomato,
spinach, grilled chicken apple sausage,
multigrain toast 19.00

all ingredients are 100% usda certified organic

exhilarating breakfast buffet

featuring smoked nova scotia salmon, market fresh
fruits, pastries, breakfast breads, muffins, croissants,
assorted cheese, cured and dried meats, eggs prepared
to your liking, fresh made belgian waffles, cheese
blintzes, sweet sausage, smoked bacon, brioche french
toast and steel cut cinnamon scented oatmeal
25.00

a 15% gratuity will be added to all checks

*Consuming raw or undercooked meats, seafood, shellfish, or eggs may increase your risk of food-borne 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. Service charges and government taxes are additional. ©2008 Starwood Hotels & Resorts Worldwide, Inc.