

# 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   |
| apples      | broccoli | yogurt |
|             |          | salmon |

## breakfast bar

Seasonal fruits and berries, yogurt, steel cut oatmeal, whole grain cereals, all natural granola. Scrambled eggs, smoked bacon, sausage links, pancakes and breakfast potatoes. Bakery selections, bagels with cream cheese. Selection of breakfast juices, fresh brewed intelligensia coffee and assorted teas 15.95 (per person)

## invigorate

|   |  |        |
|---|--|--------|
| peach vanilla smoothie                 | vanilla syrup, peach puree and low-fat yogurt  | 5.95   |
| very berry smoothie                    | assortment of seasonal berries and low-fat yogurt  | 5.95   |
| whole-grain cereal or crunchy all natural granola   | soy milk available   | 5.95   |
|   | add seasonal berries or sliced banana  | .75 ea |
| low-fat vanilla yogurt                 | served with homemade granola, fresh berries and honey                                    | 6.95   |
| seasonal cut fruit and berries         | a selection of melon, seedless grapes and berries  | 7.95   |
| steel cut oatmeal with roasted apples  | hot steel-cut oatmeal & roasted apples with golden raisins and brown sugar on the side   | 7.95   |
| gravlox platter                        | smoked salmon, tomato, capers, cream cheese and your choice of plain or everything bagel | 13.95  |

## rejuvenate

all served with home-style potatoes and choice of white, rye, english muffin or wheat toast

|  |   |       |
|--|---|-------|
| american breakfast   | two eggs cooked any style, choice of sausage or bacon   | 10.95 |
| egg white omelet  | broccoli and imported fontina cheese  | 11.95 |
| 3 egg omelet, made your way  | (choose 3) bacon, smoked ham, pork sausage, white cheddar cheese, mozzarella cheese, onion, mushrooms, yellow & red peppers, spinach or tomato. | 12.95 |

## indulge

breakfast sandwich and egg benedict dishes are served with home-style potatoes


|                          |   |       |
|--------------------------|---|-------|
| breakfast sandwich       | two sunny-side up eggs, applewood smoked bacon, arugula, spicy aioli, italian roll            | 10.95 |
| homemade belgian waffles | choose one: plain, nutty or fruity  | 10.95 |
| eggs benedict            | two poached eggs, seared canadian bacon, english muffin, with classic hollandaise sauce       | 12.95 |
| salmon eggs benedict     | two poached eggs, arugula, smoked salmon on an english muffin, with classic hollandaise sauce | 13.95 |

## options

|                         |   |      |
|-------------------------|---|------|
| bagel with cream cheese | choice of plain or everything bagel               | 3.95 |
| small fruit bowl        | a selection of melon, seedless grapes and berries | 3.95 |
| home-style potatoes     |   | 4.50 |
| smoked bacon            |   | 4.50 |
| pork sausage            |   | 4.50 |
| canadian bacon          |   | 4.50 |

## revive

|                                     |  |      |
|-------------------------------------|--|------|
| assorted mity leaf tea              |  | 3.50 |
| freshly brewed intelligensia coffee |  | 3.50 |
| juice                               | orange, grapefruit, apple, cranberry or tomato | 3.95 |
| milk                                | whole, skim, chocolate or soy                  | 3.95 |
| cappuccino or latte                 |  | 4.50 |

 SuperFoods signature dishes have been indicated with the SuperFoods logo.

\*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. Stephen Pratt, author of SuperFoods Rx: Fourteen Foods That Will Change Your Life.

This is how it should feel.™

**WESTIN**  
HOTELS & RESORTS