

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

oranges

apples

tomatoes

soy

broccoli

nuts

oats

yogurt

salmon

superfoods

- cinnamon-scented oatmeal

8.
- sliced banana, pecans and drizzled with honey
- all-natural granola, low-fat yogurt, berries

9.
- enhanced with flax seeds and almonds
- egg white omelet, broccoli and cheddar

14.
- roma tomatoes, breakfast potatoes or spring salad
- scrambled egg, turkey and cheddar wrap

14.
- rolled with avocado in soft tortilla, salsa
- blueberry orange granola pancakes

14.
- citrus berry salad, maple syrup and butter

entrees

- create your own omelet

12.
- your choice of two ingredients, breakfast potatoes, and your choice of toast (additional ingredients .50 each)
- eggs your way

12.
- two eggs cooked to your style, with ham steak, applewood smoked bacon or sausage, breakfast potatoes, and your choice of toast (eggbeaters or egg whites available upon request)
- eggs benedict

14.
- house cured p-meal canadian bacon, asparagus, hollandaise sauce and breakfast potatoes
- pancakes

12.
- your choice of plain, blueberry or chocolate chip all served with maple syrup
- french toast

12.
- served with maple syrup, powdered sugar and whipped cream
- create your own sandwich

12.
- two eggs cooked to your style, your choice of cheese, ham steak, applewood smoked bacon or sausage, on your choice of breakfast bread served with breakfast potatoes

continental breakfast buffet

12.95

yogurt, oatmeal, dry cereal, fresh whole and sliced fruit, pastries, breakfast breads, coffee, juice

ultimate breakfast buffet

15.95

sausage, bacon, potatoes, yogurt, oatmeal, dry cereal, fresh whole and sliced fruit, pastries, breakfast breads, coffee, juice

FOR ULTIMATE BREAKFAST BUFFET:
YOUR SERVER WILL TAKE YOUR EGG OR OMELET ORDER

arise

- fresh seasonal berries

7.
- yoplait yogurt

5.
- with fresh fruit cup
- your favorite cereals

5.
- cold cereal and a choice of 2%, skim, or soy milk
- oatmeal

5.
- topped with brown sugar

something extra

- bagel with cream cheese

5.
- smoked bacon

4.
- sausage links

4.
- canadian bacon

4.
- breakfast potatoes

3.
- ham

4.
- chicken sausage

5.

awake

- starbucks coffee


3.
- regular or decaffeinated
- espresso

4.
- cappuccino

5.
- selection of tazo teas

3.
- regular and decaffeinated
- juices: orange, grapefruit, 4.
- v8, cranberry, apple, tomato
- 2%, skim, chocolate or

3.
- soy milk

 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. 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.

WESTIN
HOTELS & RESORTS