

# 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


## essential breakfast


select from our breakfast juices, season's best fruits, freshly baked morning pastries, butter, jams and steaming hot coffee & assorted teas.


## superfoods

steel cut cinnamon scented oatmeal sliced banana, pecans and drizzled with honey 7- 

smoked salmon silky tofu and avocado toasted bagel, micro greens, grape tomatoes 14- 

spicy smoked turkey taco scrambled eggs, smoked turkey, roasted red peppers, cheddar cheese, cilantro with tomato salsa 11- 

egg white omelet, broccoli & cheddar egg white, broccoli, onions, cheddar cheese, basil with crispy potatoes and oven dried tomatoes 12- 

egg white chicken sandwich grilled chicken breast, egg whites, fontina cheese, whole wheat bread with arugula salad 12- 

breakfast smoothie packed with vitamins and nutrients, ask your server for today's selection 6-

## revitalize

fresh squeezed juice orange\*\* and grapefruit juice 4-

chilled juice tomato\*\*, V-8, apple\*\* or pineapple 3-

selection of american brand cereals 3-

bakery basket coffee, juice and choice of croissant, english muffin, toasted bagel, danish pastry, banana nut\*\* muffin, wheat or rye toast 8-

fresh tropical fruit cantaloupe, mango, honeydew, golden pineapple, watermelon, strawberries and assorted berries with almond granola and banana nut\*\* muffin 10-

## liquids

fresh brewed starbucks coffee, decaffeinated coffee 3-  
tazo teas 3- cappuccino 4.50 espresso 3-  
milk, 2%, skim, soy\*\* or hot chocolate 3-  
liter bottled aqua panna or san pellegrino water 8-



## intuitive

### latitudes breakfast

two farm fresh extra large eggs any style, crispy potatoes, choice of toast and choice of applewood smoked bacon, sausage or griddled ham 10-

### three egg omelet

choice of swiss, cheddar or american cheese, peppers, mushrooms, onions, bacon, sausage, tomatoes, spinach, ham or shrimp with crispy potatoes and choice of toast 12-

### eggs benedict

*2 poached eggs + hollandaise sauce served with crispy potatoes*

**saint bernard** canadian bacon + eggs on toasted english muffin 10-

**flapjack** country ham + eggs with 2 buttermilk pancakes 12-

**florentine** sautéed spinach + eggs served with sliced tomatoes 10-

**neptune** sautéed yellowtail snapper + eggs on cuban toast 14-

**caribbean** warm water lobster + eggs on cuban toast 18-

### eggs idaho

crispy potato shells filled with scrambled eggs, peppers, onions, mushrooms, bacon, tomato and cheddar cheese, served with choice of toast, bacon, sausage or griddled ham 13-

## comfort

### buttermilk pancakes

warm maple syrup 8-

### blueberry\*\* pancakes

whipped butter and warm maple syrup 9-

### macadamia & banana nut pancake

whipped butter and warm maple syrup 12-

### stuffed french brioche

stewed fruit mix and berry cream cheese, dipped in grand marnier vanilla egg batter with tropical coulis 14-

 \*\*these nutritional powerhouse foods can help to extend your health span - the extent of time you have to be healthy, vigorous & vital" Dr. Stephen Pratt, author of SuperFoods Rx: fourteen foods that will change your life