

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 SuperFoodsRx
sliced banana, pecans and drizzled with honey 8-

SMOKED SALMON SILKY TOFU AND AVOCADO SuperFoodsRx
toasted bagel, micro greens, grape tomatoes 14-

TURKEY TACO SuperFoodsRx
scrambled eggs, smoked turkey, roasted red peppers, cheddar cheese, cilantro with tomato salsa 12-

EGG WHITE OMELET, BROCCOLI & CHEDDAR SuperFoodsRx
egg white, broccoli, onions, cheddar cheese, basil with crispy potatoes and oven dried tomatoes 12-

EGG WHITE CHICKEN SANDWICH SuperFoodsRx
grilled chicken breast, egg whites, fontina cheese, whole wheat bread with arugula salad 14-

BLUEBERRY-BANANA PROTEIN SMOOTHIE 6- SuperFoodsRx

BERRY APPLE & BANANA MUESLI SuperFoodsRx
fresh berries, walnuts, pomegranate juice syrup 8-

TURKEY CHEDDAR WRAP SuperFoodsRx
scrambled eggs, cheddar cheese, avocado, whole wheat tortillas, chipotle salsa 12-

REVITALIZE

FRESH SQUEEZED JUICE
ORANGE** AND GRAPEFRUIT JUICE 4-

CHILLED JUICE
tomato**, V-8, apple** or cranberry 3-

SELECTION OF AMERICAN BRAND CEREALS
OR GRANOLA 4-

FRESH TROPICAL FRUIT
cantaloupe, mango, honeydew, golden pineapple, banana, watermelon, strawberries and assorted berries with almond granola, strawberry yogurt and banana nut** muffin 14-

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 12-

THREE EGG OMELET
choice of swiss, cheddar or american cheese, peppers, mushrooms, onions, bacon, sausage, tomatoes, spinach, or ham with crispy potatoes and choice of toast 13-

EGGS BENEDICT

2 poached eggs + hollandaise sauce served with home fries

SAINT BERNARD canadian bacon + eggs on toasted english muffin 11-

NEPTUNE crab cakes, sautéed spinach, tomato + eggs on toasted english muffin 16-

FLORENTINE sautéed spinach, tomatoes + eggs on toasted english muffin 12-

SALMON salmon + eggs on toasted english muffin with asparagus, tomato and arugula SuperFoodsRx 16-

COMFORT

BUTTERMILK PANCAKES
warm maple syrup 10-

MACADAMIA & BANANA-NUT PANCAKE
whipped butter and warm maple syrup 12-

BLUEBERRY-ORANGE PANCAKES SuperFoodsRx
whipped butter and warm maple syrup 11-

CRISPY STUFFED FRENCH TOAST
stewed fruit and berry cream cheese, crusted in corn flakes and served with tropical coulis & fruit 12-

SIDES

low fat vanilla or strawberry yogurt 3-
fresh berries 4-
bacon or sausage 4-
crispy potatoes 3-

SuperFoodsRx **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