

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

Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness.