

# 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	yogurt	oats
spinach	soy	salmon

## INITIAL OFFERINGS

VANILLA YOGURT GRANOLA PARFAIT 9 

BLUEBERRY BANANA SMOOTHIE 9 

Soy milk, apple, lemon juice and granola brittle

A SAMPLING OF FRUIT 12

Reflective of the Seasons

YOGURT 6

Greek, Plain, Low-Fat, Vanilla

CITRUS SMOKED SALMON 16 

Flat bread, creme fraiche, smoked salmon, tomato, capers and shaved shallots

STEEL-CUT OATS AND BANANA 8 

Cinnamon, honey and pecans

SNAP, CRACKLE, POP 7

House-made granola or assorted dry cereals

## THE CLASSICS

THE CONTINENTAL 17

Fresh seasonal fruit, breakfast bakeries with preserves and butter. Choice of "This Morning's Juice" and freshly brewed coffee

\*COUNTRY SCRAMBLE 14

Eggs, cheddar, bacon, sausage and ham. Served with hash browns and toast

\*STEAK AND EGGS 29

Rib Eye, 2 eggs any style  
Served with hash browns and toast.

\*EGGS BENEDICT 18

Two poached eggs over shaved ham. Served with hollandaise sauce and hash browns

\*BREAKFAST WRAP 14

Eggs, sausage, ham, bacon, black beans, queso fresco, and chipotle salsa. Served with hash browns

## LIQUID

THIS MORNING'S JUICE 5

Orange	Grapefruit	Apple	Tomato
V8	Pineapple	Cranberry	

We proudly brew Starbucks® COFFEE

REGULAR OR DECAF 4

HOT TEA 4

STILL WATER S M or LG 5/8.5

SPARKLING WATER S M or LG 5/8.5

SOFT DRINKS & ICED TEA 4

MILK (WHOLE, 2%, SKIM, SOY MILK) 4

HOT CHOCOLATE 5

## GRIDDLED

FRENCH TOAST WAFFLE 13

White chocolate cinnamon brioche french toast cooked "Waffle-Style" with berries

JUST CAKES 13

Buttermilk pancakes and pure maple syrup

BLUEBERRY PECAN CAKES 15 

Buttermilk pancakes, blueberries, caramelized pecans and maple syrup

## BREAK AN EGG

\*THE "LAKE SIDE" BREAKFAST 21

Two eggs your style, buttermilk pancakes, hash browns, choice of apple smoked bacon, ham or country sausage. Choice of "This Morning's Juice" and freshly brewed coffee

\*TWO EGGS 14

Made to your order. Choice of ham, bacon or sausage. Served with hash browns or fresh fruit and toast

\*THREE EGG OMELET 16

Choice of 3: tomatoes, spinach, onion, peppers, mushrooms, bacon, sausage, ham, jalapeño, swiss, cheddar, American, jack cheese. Served with toast and hash browns or fresh fruit

\*SPICY TURKEY TACO 14 

Eggs, peppers, turkey sausage, chipotle, jack cheese and micro greens

\*ORGANIC EGGS BENEDICT 19 

Two poached eggs over tofu and smoked salmon. Served with spicy hollandaise sauce and spinach salad

## INVIGORATING ACCOMPANIMENTS

TOAST 4

White, Wheat, Rye, Sourdough

\*1 OR 2 EGGS 4 or 6

THIS MORNING'S BLUEBERRY  
OR BRAN MUFFIN 4

THIS MORNING'S GLUTEN-FREE MUFFIN 4


TOASTED BAGEL OR ENGLISH MUFFIN 5

APPLEWOOD SMOKED BACON, HAM STEAK  
OR COUNTRY SAUSAGE 6

HASH BROWNS 5

Please inform us of any dietary restrictions so we may do our best to accommodate your needs. Prices subject to local sales tax.

\*Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.

 "These nutritional powerhouse foods can help to 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*

