

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 16

selection of breakfast juices, fresh cut fruits, daily bakery selections, butter and jams, fresh brewed starbucks coffee or assorted teas

superfoods

westin re-charger 8

hand picked berries, soy yogurt, honey, walnut biscotti

granola, flaxseed, yogurt and seasonal fruit 11

sun-dried cranberries and toasted almonds

roasted apple cinnamon oatmeal crock 12

micro french toast, blueberries and citrus segments, vanilla honey drizzle

organic eggs "benedict" 19

served on either turkey breakfast burger or atlantic salmon, arugula, asparagus tomato salad

power omelet 17

broccoli and cheddar, rustic chicken sage sausage, seared vine cherry tomatoes, walnut raisin toast

belgian mini waffles 15

roasted apple compote, spun vanilla cream, warm maple syrup

invigorate

whole-grain cereal or crunchy granola 10

berries or banana, soy milk available

market fresh cut fruit 12

bountiful selection of the seasons best


rejuvenate

westin breakfast sandwich 14

toasted brioche, skillet seared ham, green peppers and organic eggs

create your own omelet 16

tomato, mushroom, smoked salmon, ham, red pepper, green onions, skillet potatoes or fresh fruit

 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.

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indulge

organic eggs your way 15

skillet potatoes or fresh fruit, choose from double smoked bacon, european sausage or corn crusted back bacon

stack of golden griddled buttermilk pancakes 14

warm maple syrup, creamy butter and powdered sugar

traditional canadian breakfast 18

organic eggs, bacon, sausage, ham, skillet potatoes, fresh cut fruit or mini pancakes, toast or English muffin

options

bagel and cream cheese 6

freshly baked pastries 8

butter and preserves

new season skillet potatoes 4

low-fat yogurt and market fruit 7

choose from vanilla, berry or natural

crisp smoked bacon, grilled ham or breakfast links 7

revive

freshly brewed starbucks coffee 5

regular or decaffeinated

assorted tea 5

juice 5

orange, grapefruit, apple, cranberry or tomato

milk 4

non-fat, 2%, soy or chocolate

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