


# RESTORE BALANCE THIS MORNING

Our SuperFoods breakfast menu features revitalizing dishes made from powerhouse ingredients rich in nutrients and antioxidants and taste delicious so you can start your day feeling recharged.

## INVIGORATE

Blueberry-Orange Smoothie   
Bananas and soy milk 9.00

Seasonal Sliced Fresh Seasonal Fruit  
Banana loaf, cottage cheese 14.00

Honey Yogurt and Berries   
Granola, dark chocolate, walnuts 14.00

B.C Smoked Salmon   
Onions, Capers, Lemon, toasted bagel 14.00

Steel-Cut Oatmeal   
Caramelized apples, walnuts, maple drizzle 11.00

## INDULGE



Buttermilk Pancake Stack  
Plain, blueberry, chocolate chip or banana  
Whipped butter, Canadian maple syrup 16.00

Freshly Baked Belgian Waffles  
Plain or chocolate  
Whipped cream, strawberries, Canadian maple syrup 16.00

Brioche French Toast   
Caramelized apple compote, maple syrup and walnuts 16.00

Smoked Turkey Croque Madame  
Brioche, fried egg, tomatoes, seasonal fruit salad 18.00

## ENERGIZE

Juice  
Orange  , grapefruit, apple, cranberry or tomato  6.00

Starbucks Coffee  
Cappuccino 6.00  
Latte 6.00  
Espresso 6.00  
Freshly Brewed Regular or decaffeinated 5.00

Assorted Tazo Teas 5.00

Milk  
Regular, non-fat, 2%, chocolate or soy  4.00

## BREAKFAST TABLE

Seasonal fruits and berries, yogurt, steel-cut oatmeal, whole grain cereals, all-natural granola, scrambled eggs, smoked bacon, sausage links, breakfast potatoes, bakery selections, bagels with cream cheese, selection of breakfast juices, freshly-brewed Starbucks coffee and Assorted Tazo teas 27.00

## REVIVE

Two Eggs Any Style  
Potatoes, bacon, ham or breakfast sausage, toast 16.00

Egg White Frittata   
Broccoli, roasted peppers, goat cheese, salsa, toast, fresh fruit salad 18.00

Three-Egg Omelet  
Choice of:  
Ham and cheese  
Smoked Salmon, asparagus, goat cheese  
Peppers, mushrooms, cheese, salsa 18.00

Eggs Benedict  
Traditional, spinach or smoked salmon 18.00

Exhilarate  
2 eggs any style, bacon, breakfast sausage, pancakes, breakfast potatoes 24.00

## OPTIONS

Breakfast Potatoes 4.00


Pork Sausages 6.00

Chicken and Basil Sausages 8.00

Single Brown Free Run Egg 4.50

Smoked Bacon 6.00

Bowl of Field Grown Berries   
A bright mix of the season's best 8.00

Low Fat Yogurt   
Choice of fruit, berry or plain 6.00

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