

restore balance this morning

Our SuperFoods small plate breakfast menu features revitalizing dishes with healthy lifestyle portions made from powerhouse ingredients rich in nutrients, antioxidants and delicious taste so you can start your day feeling recharged.

superfoods**

blueberries	tomatoes	turkey
pomegranate	avocado	oats
apples	broccoli	low-fat yogurt
		spinach




breakfast table

Seasonal fruits and berries, yogurt, steel cut oatmeal, whole grain cereals, all natural granola. Bakery selections, bagels with cream cheese. Selection of breakfast juices, fresh brewed starbucks® coffee and assorted teas 17.00

invigorate

market's fresh cut fruit and berries  a bountiful selection of the season's best 5.00

blueberry, orange, banana green tea smoothie energizing immune-boosting blend 6.00 


berry, apple and granola muesli  low-fat vanilla yogurt, banana, walnuts, pomegranate essence 7.00

whole grain cereal or all natural granola seasonal berries or sliced banana, soy milk available 8.00

steel cut oat brulee  honey glazed green apples, bananas and toasted peacans 8.00

rejuvenate

poached organic egg, smoked salmon "benedict"  wilted spinach, English muffin, olive oil citrus hollandaise \$7.00

blueberry orange granola flapjacks  citrus berry salad, warm maple syrup and whipped butter 7.00

scrambled egg and roasted turkey tortilla  avocado, cheddar cheese, chipotle salsa 7.00

pistachio crusted local chicken frittata broccoli and parmesan cheese 7.00

smoked salmon cream cheese panini tomato and avocado salad 8.00

griddled turkey hash and organic egg* sweet potato hash, tomato arugula salad 7.00


local brie and vine-ripened tomato egg white omelet* braised fennel 7.00

baked organic egg and chicken apple sausage* spinach and artisanal masarpone 7.00

indulge and combinations

blueberry green tea smoothie, griddled turkey hash & organic egg and crisp waffle with citrus berry salad 15.00

grilled ham and eggs* organic eggs done your way, crisp hash browns and choice of toast (change to bacon or sausage if you like) 12.00

whipped egg white omelet  broccoli, cheddar & hash browns or a field green salad 15.00

pancakes buttermilk pancakes, warm maple syrup 11.00

crisp belgian waffle seasonal berries, whipped cream and warm maple syrup 11.00

berry and granola muesli, local brie, tomato and fennel egg white omelet smoked salmon panini with tomato avocado salad 15.00

options

fresh-baked pastry basket butter and preserves 6.00

selection of toast butter and preserves 3.00

toasted bagel with philadelphia® cream cheese 5.00

crisp hash brown potatoes 5.00

low-fat yogurt  choose from fruit, berry or plain 5.00

crisp smoked bacon, breakfast links or grilled ham 5.00

revive

freshly brewed starbucks® coffee regular or decaffeinated 5.00

assorted tea 5.00

juice orange, grapefruit, apple, cranberry or tomato 5.00

milk non-fat, 2%, soy, or chocolate 5.00

 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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