

FRESH START

SuperFoodsRx™*

Fuel your body with delicious SuperFoodsRx dishes packed with nutrients and energy. Antioxidant rich and naturally low in calories, our tempting selections make healthy meals impossible to resist.

For a better you.™

GET UP AND GO

CONTINENTAL BUFFET
coffee, juice and all “cool” items 12

FULL BREAKFAST BUFFET
coffee and juice included 16


CONTINENTAL PLATE
choice of juice, bagel, cream cheese, seasonal fruit, coffee or tea 9

FOR STARTERS

YOGURT PARFAIT 
vanilla yogurt with house made granola & fresh berries 9

BLUEBERRY BANANA SMOOTHIE 
soy milk, fresh apple and lemon juice 7

FRESH SEASONAL BERRIES 
raspberries, blackberries, blueberries & strawberries 8

BERRY, APPLE BANANA MUESLI 
granola, plain yogurt, honey, apple, walnuts with pomegranate 8

ASSORTED YOGURT 3

“COOL” CEREALS
with soy, whole, skim or low fat milk 4

GREEK YOGURT 
with market berries 6

FAVORITES

BLUEBERRY ORANGE PANCAKES 
natural granola yogurt pancake, syrup and butter, bacon or sausage 10

MALTED BELGIAN WAFFLE
fresh berries, butter & syrup, choice of bacon or sausage 10

SCRAMBLED EGG WRAP 
roast turkey, cheddar cheese, avocado, chipotle salsa, hash browns 9

CINNAMON FRENCH TOAST
fresh berries, syrup & butter, choice of bacon or sausage 10

CLASSICS

choice of toast included. egg beaters & egg whites available upon request.

SALMON BENEDICT
English muffin, hollandaise sauce, fruit garnish 15

SCRAMBLED EGGS SALMON TACOS
corn tortilla, queso fresco, avocado, salsa, chipotle yogurt sauce 14

EGGS YOUR WAY*
two eggs prepared any style, hash browns, choice of bacon or sausage 11

EGG WHITE OMELET* 
diced onions, cheddar cheese, julienne basil, broccoli, hash browns 12

YOUR OMELET
choose three: ham, bacon, sausage, tomatoes, mushrooms, peppers, asparagus, spinach, onion, cheddar or swiss, served with hash browns 13

SIDES AND SUCH

SAUSAGE, BACON 3

HOMESTYLE POTATOES 3

OATMEAL 6

BREADS
9 grain, white, and rye 1.50

PASTRIES
croissant, assorted muffins, jelly filled puff pastry 3

LIQUIDS

JUICE
oj, cranberry, apple, grapefruit, pineapple, tomato, V8 4

MILK
whole, 2%, & skim milk 3

PROUDLY FEATURING STARBUCKS COFFEE:
regular, decaffeinated, lattes, cappuccinos, espressos, assorted Tazo hot teas

WESTIN
HOTELS & RESORTS

SuperFoodsRx™

Service charges and government taxes are additional.

*“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 *SuperFoodsRx: Fourteen Foods That Will Change Your Life*.

** Consuming raw or undercooked meats, seafood, shellfish or eggs may increase your risk of food-borne illness.

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