

See what a difference A meal can make...

Introducing the SuperFoods breakfast.

SuperFoods are known for being health-enhancing and rich in antioxidants and phytonutrients. Key to the SuperFoodsRx philosophy is “food synergy.” Food synergy refers to foods that, when paired together, are even more nutritious than when they are eaten separately.

For example, spinach & tomatoes, cinnamon and whole grains like oats, honey & yogurt, etc.

SuperFoods— fruit, vegetables, grains and proteins that are known to improve well-being and longevity—highlight Westin’s ongoing commitment to personal renewal. They include:

apples

a powerful source of antioxidants, including polyphenols, flavonoids, and vitamin C.

blueberries

incredibly high levels of antioxidant phytonutrients.

soy

filled with vitamins and minerals, a great source of plant protein and lots of soluble fiber

tomatoes

pack a nutritional wallop

walnuts

a great source of antioxidants

wild salmon

one of the best sources of omega 3’s



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

superfoods

organic steel cut oats
with sliced bananas, honey, and pecans
\$7.00

breakfast wrap
turkey, cheddar cheese, avocado and scrambled eggs in a whole wheat wrap with chipotle salsa
\$10.00

blueberry orange pancakes
homemade blueberry pancakes
Topped with orange segments
\$10.00

berry & yogurt parfait
yogurt layered with fresh seasonal berries and granola
\$7.00

breakfast panini
chicken, pepper jack cheese, and egg whites served on a whole wheat panini
\$12.00

inspired creations

segments of grapefruit & kiwi
served with key lime mascarpone
\$8.00

two eggs any style
served with o's breakfast potatoes
choice of bacon or chicken sausage
\$12.00

french toast bread pudding
with lemon curd and fresh raspberries
\$10.00

smoked salmon & brie omelet
with garden spinach and tomato
served with o's breakfast potatoes
with crème fraiche
\$12.00

chorizo omelet
with smoked cheddar, caramelized onions, avocado, and chipotle salsa
served with o's breakfast potatoes
\$12.00

griddled waffle
with pumpkin whipped cream & pecans
\$12.00

build your own benedict
2 poached eggs on a toasted english muffin with your choice of:

- avocado & tomato
- canadian bacon
- grilled shrimp
- smoked salmon

served with o's breakfast potatoes
\$12.00

smoothies

blueberry, orange, and yogurt
\$6.00

apple, yogurt, walnut, and cinnamon
\$6.00

chocolate and yogurt
\$6.00

sides

bacon	\$4.00
chicken sausage	\$4.00
o's breakfast potatoes	\$3.00
2 eggs	\$4.00
fresh fruit	\$8.00
seasonal berries	\$8.00
side steel cut oats	\$3.00
single griddle cake	\$4.00

beverages

orange, grapefruit or daily juice
\$3.75
starbucks coffee or tazo hot teas
\$3.00
milk (whole, 2%, skim, soy)
\$2.75
hot Chocolate or hot apple cider
\$3.25

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.

