





FRESH START



SuperFoods 



Powerfully paired – Our delectable superfoods dishes pair whole foods to boost their benefits and their flavors. Antioxidant rich and naturally low in calories, our tempting selections make healthful meals impossible to resist.

STEEL CUT OATMEAL WITH BANANA, PECAN AND LOCAL HONEY COMPOTE
mccann's irish oatmeal, brown sugar, golden raisins \$7.50 

WHIPPED EGG WHITE AND PETIT SPINACH OMELET 
with aged cheddar and fresh herbs, roasted red potato edges, fresh fruit \$17.50 

SPICED TURKEY OR TOFU AND EGG WHITE SCRAMBLE 
your choice of ground turkey or tofu, shredded cheddar cheese, fresh fruit \$16.50 

SMOKED SALMON AND LOCAL HAAS AVOCADO 
cream cheese, bagel, sweet bermuda onions and capers \$18.50 

POACHED ORGANIC EGGS, SEARED SALMON BENEDICT 
toasted english muffin, oven dried tomato and roasted red potato edges \$19.50 

FRUITS, JUICES & YOGURTS

FRESHLY SQUEEZED ORANGE OR GRAPEFRUIT JUICE \$5.50

SPECIALTY JUICE OF THE DAY \$6.50

APPLE, V-8, PINEAPPLE OR CRANBERRY JUICE \$4.50

WHOLE SEGMENTS OF RUBY RED GRAPEFRUIT \$4.50

CHILLED SEASONAL FRUIT \$11.00

BERRY PARFAIT

layers of berry yogurt and crunchy granola \$ 9.50 

LOW FAT YOGURT

plain, berry or strawberry-banana \$5.25 

BREADS AND PASTRIES

TOAST OR ENGLISH MUFFIN

choice of white, whole wheat, rye, sourdough or raisin \$4.50

BREAKFAST PASTRIES \$5.50

BAGEL AND CREAM CHEESE

plain or daily selection \$6.75

CEREALS

ASSORTED COLD CEREALS

Raisin Brand, Special K, Fruit Loops, Frosted Flakes, Granola or All bran \$ 5.00
add bananas or strawberries for \$3.50

SIDE ORDERS

APPLEWOOD SMOKED BACON, TURKEY BACON, CHICKEN APPLE SAUSAGE,
GRILLED HAM STEAK OR COUNTRY SAUSAGE \$5.25

ROASTED RED POTATO EDGES \$5.25

SINGLE EGG \$4.00

"These nutritional powerhouse foods can help extend your health span - extend the time you have to be healthy, vigorous and vital." - Dr. Steven Pratt, Superfoods Rx: Fourteen Foods That Will Change Your Life.

BREAKFAST NTRÉES

MARKET FRESH CONTINENTAL BUFFET \$14.50

Select from our fresh juices, season's best fruits, yogurt, cereals and breakfast breads including pastries, toaster station and bagels. Served with butter, jams and steaming hot coffee & assorted teas.

ULTIMATE BREAKFAST BUFFET \$22.00 dine in only, selections may vary

Market fresh fruit selections including seasonal melons and berries; plain and fruit flavored low-fat yogurt; milk; steel cut oatmeal; raisin bran, special k, fruit loops, frosted flakes, granola and all-bran cereals; smoked salmon bagel bar with plain and flavored cream cheese; assorted breakfast pastries; eggs benedict; French toast; pancakes; hashbrowns; pork link sausage; and applewood smoked bacon. Your server will assist you with omelets (three items maximum) and eggs cooked to order.

AMERICAN BREAKFAST

two eggs any style, roasted red potato edges and your choice of apple wood smoked bacon, country sausage or ham steak \$17.00

CALIFORNIA COMBO

two pancakes, two eggs any style, two sausage links or bacon strips \$17.00

HASH AND EGGS

corned beef hash, two eggs and roasted red potato edges \$17.50

EGGS BENEDICT

poached eggs, canadian bacon on a toasted english muffin, hollandaise sauce, roasted red potato edges \$19.00

BELGIAN WAFFLE

house almond brittle, mixed berries \$14.75

STUFFED RAISIN BRIOCHE FRENCH TOAST

citrus infused mascarpone, fresh seasonal fruit compote \$12.75

FRITTATA PRIMAVERA

fluffy, open face omelet filled with sweet peppers, red onion, tomato and fresh herbs, roasted red potato edges \$17.50

MAKE YOUR OWN OMELET

three eggs with your choice of three items:

ham, bacon, spinach, green onions, bell peppers, mushrooms, tomatoes or cheese.

roasted red potato edges \$17.00

COFFEE & TEA

FRESHLY BREWED STARBUCKS BLEND COFFEE

Regular or decaffeinated \$4.00

TAZO TEAS \$4.00

CAPPUCCINO OR LATTE \$4.00


ESPRESSO \$2.00

FLAT OR SPARKLING WATER \$5.25

FRESHLY BREWED ICED TEA OR LEMONADE \$4.00

COKE, DIET COKE, SPRITE, DIET SPRITE OR ROOT BEER \$4.00

15% gratuity will be added on parties of six guests or more

 consumer advisory: these items are served raw, undercooked or may have raw products as part of their preparation. consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of food borne illness

chemicals known to the state of california to cause cancer, birth defects or other reproductive harm may be present in foods or beverages sold or served here. foods such as french fries and potato chips cooked in oil at high temperatures can produce proposition 65-listed chemicals such as acryl amide, which is known to the state to cause cancer. broiling, grilling and barbecuing fish and meats can produce proposition 65-listed chemicals such as benzo-a-pyrene, which is known to the state to cause cancer. nearly all fish and seafood contain some amount of mercury and related compounds, chemicals known to the state of california to cause cancer, and birth defects or reproductive harm. certain fish contain higher levels than others. pregnant and nursing women, women who may become pregnant and young children should not eat swordfish, shark, king mackerel or tilefish. they also should limit their consumption of other fish, including tuna