

# 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.

## ESSENTIAL BREAKFAST

Selection of breakfast juices, fresh cut fruits, fresh daily bakery selections, butter and jams. Fresh brewed starbucks coffee and assorted teas 10.75


## INVIGORATE

Steel-Cut Oatmeal and Banana Brulée  7.00  
Two favorites under a caramelized crust

Traditional Steel-Cut Oatmeal  6.00  
With brown sugar and raisins

Whole-Grain Cereal or Crunch Granola  
Berries or banana, soy milk available 6.50

Market-Fresh Cut Fruit and Berries  8.50


Blueberry Banana Smoothie  5.00  
Made with soy milk, honey, all natural granola bar


Granola, Flaxseed, Yogurt and Berry Parfait  
Sun dried cranberries and toasted almonds 8.00

Berry Parfait  8.00  
Sun dried cranberries and toasted almonds


## REJUVENATE

Smoked Turkey, Roasted Peppers  
Cheddar cheese and potato frittata 9.00

Egg White Omelet with Broccoli  10.50  
Cheddar and cured roma tomatoes

Egg White Scrambled\*  13.00  
With edamame, spinach, onions, low fat mozzarella and 6 oz. strip steak

Crisp Malted Belgian Waffle  
Whipped cream, butter and maple syrup 10.00


Organic Egg Scramble, Smoked Salmon  10.00  
Tomato, tofu, avocado, whole wheat english muffin

Breakfast entrees come with your choice of:  
toast, fresh fruit or breakfast potatoes


## THE VIRGINIAN\*

Eggs your way served with Virginia country ham and white cheddar biscuits served with stone ground buttered grits 10.50

## INDULGE





Organic Eggs and Tomato\*  9.00  
Two done your way, olive oil-seared vine ripened tomato slices

Organic Eggs Done Your Way\*  
With breakfast potatoes and choice of applewood smoked bacon, canadian bacon, or traditional sausage 10.75

Stack of Golden Griddled Pancakes  
Warm maple syrup, creamy butter and powdered sugar 9.50  
Add the season's best:  
Blueberries  raspberries or bananas 2.00

Harvest Grain Pancakes  
With granola and flaxseed, creamy butter and maple syrup 10.00

## OPTIONS

Canadian bacon 5.00  
Applewood smoked bacon 4.00  
Traditional sausage 4.00  
Virginia country ham 5.00  
Stone ground buttered grits 3.00  
Breakfast potatoes 3.00  
Bagel with Philadelphia® cream cheese 4.00  
Ask your server for today's bagel selections  
Toast with butter and jams 3.00  
Gourmet muffins, danish or croissant 3.50  
A bright mix of the seasons best,  
Bowl of field grown berries  6.00  
Yogurt - low fat fruit or berry yogurt  4.50  
Add blueberries, blackberries or raspberries 2.00  
Whole fruit - apple  banana or orange  3.00  
Classic cereal with milk 4.00

## ENERGIZE

Freshly Brewed Starbucks® Coffee  
Regular or decaffeinated 2.50  
Espresso 1.95  
Cappuccino or cafe latte (grande) 3.45

Assorted Tea  
Regular or decaffeinated 2.50

Juice  
Orange  grapefruit,  
apple, cranberry or V8®  2.50  
(Not from concentrate)

Milk  
Regular, non-fat, 2%, chocolate or soy  2.50

\*Cooked to order

\*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*

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