

# 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      | spinach  | yogurt |
| salmon      | cinnamon | onions |



## superfoods

smoked salmon silky tofu and avocado  
with toasted bagel, mixed greens, diced egg,  
sliced onion and roma tomatoes 16.00 

steel-cut cinnamon-scented oatmeal  
sliced banana, pecans and drizzled with honey 6.00 

egg white-scrambled grilled chicken panini  
provolone cheese, whole wheat bread, cured tomatoes  
and arugula 15.00 

egg white omelet with broccoli and cheddar  
cured roma tomatoes, crisp potatoes, spring salad 14.00 

berry, apple & granola muesli  
low fat vanilla yogurt, banana, pomegranate essence 11.00 

## indulge

fresh egg omelet  
three eggs with your choice of ham, apple wood smoked bacon,  
cheddar, swiss, mozzarella, onion, mushrooms, tomatoes, sweet bell  
peppers or spinach. served with breakfast potatoes and your choice  
of toast or english muffin 15.00

benedetto  
two poached eggs served with:  
tuscan – pepper bacon and basil hollandaise  
veggie – grilled asparagus, tomato relish, hollandaise  
salmone – smoke salmon, chives, hollandaise  
all served with breakfast potatoes 15.00

filetto con le uova  
4 oz. petite filet of beef grilled to order,  
two eggs any style, breakfast potatoes and  
your choice of toast or english muffin 20.00

cast iron skillet frittata  
scrambled eggs, potatoes, onion, italian sausage and smoked  
mozzarella cheese, and tomato relish with your choice of toast or  
english muffin 14.00

buttermilk pancakes  
served with vermont maple syrup or fresh berry compote, powdered  
sugar and fresh berries 12.00

cinnamon brioche french toast  
with fresh fruit and powdered sugar 14.00

## invigorate

fresh seasonal fruit plate  
with yogurt and a bran muffin 15.00

selection of cold cereals 4.00  
with fresh berries 7.00

blueberry & banana smoothie  
soy milk, honey, granola brittle 6.00

hearty granola  
oats, almonds, dried cranberries, flax seed 6.00

## rejuvenate

the american  
two eggs any style, breakfast potatoes, choice of apple wood  
smoked bacon, sausage links or grilled ham, choice of toast or  
english muffin, served with juice or coffee 15.00


westin imagine bakery basket & fruit  
basket of fresh baked croissant and muffins with fresh fruit  
and berries, served with juice and coffee 14.00

## options

toast or english muffin 3.00  
croissant or muffin 3.00  
bagel with cream cheese 4.00  
apple wood smoked bacon 5.00  
sausage links 4.00  
grilled ham steak 4.00  
individual yogurt 2.00  
fresh seasonal berries 7.00

## revive

starbucks coffee, decaf  
or assorted hot tazo tea 2.50  
fresh squeezed orange juice 4.50  
grapefruit juice 4.50  
apple, cranberry, tomato or pineapple juice 4.00  
cappuccino or latte 3.50  
espresso 2.75  
hot chocolate 2.50  
whole, skim or 2% milk 2.50

 SuperFoods signature dishes have been indicated with the SuperFoods logo.

An 18% gratuity will be added to parties of 6 or more.

\*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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**THE WESTIN**  
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ORLANDO