

FRESH START



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.™

BLUEBERRY BANANA SMOOTHIE Made with soy milk, honey, all-natural granola brittle \$6.00

STEEL-CUT CINNAMON-SCENTED OATMEAL Sliced banana, pecans and drizzled with honey \$4.50

SPICY SMOKED TURKEY TACO Scrambled egg, cheddar cheese and salsa \$12.00

EGG WHITE OMELET, BROCCOLI AND CHEDDAR* * Cured roma tomatoes, breakfast potatoes or spring salad \$13.00

BLUEBERRY ORANGE GRANOLA PANCAKES Citrus berry salad, maple syrup and whipped butter \$12.25



FRUITS & JUICES

- Fruit cup \$6.00
- Fresh seasonal berries \$6.00
- Half grapefruit \$3.25
- Fresh-squeezed orange juice \$3.25
- Fruit juices, tomato juice, V8™ \$3.00

BREADS & PASTRIES

- Served with butter and fruit preserves
- Toast or Danish pastry \$3.00
 - English muffin, bagel or two biscuits \$4.00
 - Cinnamon roll \$3.00

SIDE ORDERS

- Breakfast potatoes \$3.25
- Grits or oatmeal \$4.50
- Biscuits with gravy \$4.00
- Ham (3 slices) \$4.00
- Bacon (4 slices) \$4.00
- Sausage (3 links) \$4.00
- Cold Cereal \$5.00
- Yogurt \$5.00
- Low Fat Yogurt \$5.00

BREAKFAST ENTRÉES

BREAKFAST BUFFET Westin complete start continental breakfast items and all hot selections including waffle and omelet station \$17.75

WESTIN CONTINENTAL Fresh-baked breads, oatmeal, cold cereals, fresh fruit, fruit juices, coffee and hot tea \$11.75

WESTIN TRADITIONAL Two eggs cooked to order with breakfast potatoes and choice of bacon or sausage and English muffin or toast and freshly brewed coffee or tea \$14.00

OMELET Three eggs filled with choice of mushrooms, bell peppers, onions, tomatoes, sausage, ham and cheddar cheese with breakfast potatoes and English muffin or toast and freshly brewed coffee or tea \$13.50

SOUTHERN Grits, bacon, southern-style biscuit and gravy with three eggs cooked to order and freshly brewed coffee or tea \$15.00

STEAK AND EGGS 8oz New York strip steak with three eggs cooked to order served with breakfast potatoes and freshly brewed coffee or tea \$18.00

TACOS Two flour tortillas filled with eggs, onion, peppers, sausage and cheddar cheese with breakfast potatoes and fresh salsa and freshly brewed coffee or tea \$14.00

PANCAKES Four pancakes with butter and syrup \$12.25

SHORTSTACK Three pancakes with butter and syrup \$9.50

FRENCH TOAST Texas toast in vanilla cinnamon batter with butter and syrup \$12.25

BELGIAN WAFFLE Butter and syrup \$12.25

CONGEE BREAKFAST Topping choices of pork, chicken, shrimp, celery or carrots \$9.00

COFFEE & TEA

- FRESHLY BREWED STARBUCKS® BLEND COFFEE
- Regular or decaffeinated \$2.50
 - Small pot (3 cups) \$12.00
 - Grande cappuccino \$3.50
 - Grande latte \$3.50
 - Grande espresso \$3.50
 - Hot tea \$2.00
 - Milk (whole, 2%, skim, soy) \$2.00
 - Bottled water \$2.00
 - Soft drink \$2.00



* "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. Service charges and government taxes are additional. ©2010 Starwood Hotels & Resorts Worldwide, Inc.

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