



# B M E N U Breakfast

Breakfast a la carte available Mondays - Fridays from 6:30am to 11:00am

Join us for our Westin Weekend on Saturdays & Sundays Breakfast Hours are extended until 3:00pm

## RESTORE BALANCE THIS MORNING

Our SuperFoods breakfast menu features revitalizing dishes made from powerhouse ingredients rich in nutrients and RESTORE BALANCE THIS MORNING antioxidants and taste delicious so you can start your day feeling recharged.

### INVIGORATE

- Blueberries Banana Smoothie** ..... 6  
Immune boosting blend of ripe fruit, soy & yogurt garnished with fresh strawberries
- Market Fresh Cut Fruit Bowl** ..... 8  
A bountiful selection of seasonal fruit with fresh blueberries
- Granola & Yogurt Parfait** ..... 6  
Fresh berries layered with low fat yogurt & house made seed granola
- Steel Cut Oatmeal** ..... 6  
With banana, steel cut oats, almonds & cinnamon
- Berry, Apple and Banana Muesli** ..... 6  
With fresh strawberries
- Southern Grits** ..... 6  
Enriched stone ground white grits, served with cheddar cheese

### REJUVENATE

- Farm Fresh Eggs a la carte** .....15  
Two eggs as you like, smoked bacon, sausage or grilled ham & crisp hash browns or seasonal fresh cut fruit salad
- \* **Eggs Benedict** .....17  
Toasted English muffin topped with peameal bacon, poached to preferred doneness eggs, gratineed with hollandaise
- Create Your Own Soft Rolled Omelet** .....16  
Ham, cheese, tomato, onion, mushroom & peppers served with crisp hash browns or seasonal fresh cut fruit salad
- Reserve Egg White Omelet** .....17  
Folded with spinach, sautéed onions & low-fat cheddar cheese, grilled tomato, arugula salad or seasonal fresh cut fruit salad
- Golden Buttermilk Pancakes or Belgian Waffle** .....13  
Buttermilk or Whole Wheat with whipped cream, warm maple syrup & your choice of apple or pecans
- \* **Classic Steak & Eggs** ..... 20  
6oz strip loin cooked to preferred doneness, two eggs, crisp hash browns or seasonal fresh cut fruit salad
- \* **Toasted Smoked Salmon Bagel** .....15  
Tofu, grape tomato, avocado, lemon & micro greens

### LOCAL CHOICES

- Blue Crab Cake and Beans** .....15  
Georgian crab & local potato cakes with Reserve own baked beans. Plated with "dill kicker" remoulade
- Shrimps & Sweet Potato Hash** .....16  
Roasted sweet potato sautéed with onion, Georgian shrimps & pesto. Finished with two poached eggs & spiced hollandaise sauce
- Southern Grits** .....17  
Enriched stone ground white grits, served with cheddar cheese and your favorite egg any style, bacon, sausage or ham

### REVIVE

- Freshly-Brewed Starbucks Coffee & Tazo Teas** ..... 3
- Orange, Apple, Grapefruit, Cranberry** ..... 3
- Milk\* 2%, Skim, Soy or Chocolate** ..... 3

#### Westin Fresh by the Juicery

- Beet, Carrot, Kale, Apple, Lemon & Ginger Juice** ..... 5
- Orange, Grapefruit, Lemon & Lime Juice** ..... 5
- Raspberries, Strawberries, Mint, Rosewater,** ..... 8
- Dates & Almond Milk Smoothie** ..... 3
- Kale, Spinach, Banana, Mango & Cinnamon Smoothie** ..... 8

### OPTIONS

- Low Fat Yogurt, Plain or Berry** ..... 3
- Bacon, Sausage or Ham** ..... 4
- Hash Browns** ..... 3
- Assorted Dry Cereals** ..... 5
- Freshly Baked Mini Pastries, Croissant, Muffin,** ..... 4
- Multi-Grain, Whole Wheat, White Toast or English Muffin**



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



We pride ourselves in providing gluten friendly menu choices. While we endeavor to carefully prepare those meals to accommodate a gluten-free diet be aware that they may be prepared in an environment where gluten is present. Please ask your server to assist you in making your selection. Please consult your physician as to your personal health decisions.

Before placing your order, please inform your server if a person in your party has a food allergy. Please note that not all ingredients are listed.

\* These items are served raw or may be cooked to order. The Board of Health suggests that raw or undercooked meats or seafood may increase your risk of food borne illnesses, especially if you have certain medical conditions.

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