




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.

INVIGORATE

Berry, Apple and Granola Muesli 
Low-fat vanilla yogurt, banana, walnuts and pomegranate berry essence 10

Steel Cut Cinnamon Scented Oatmeal 
Green apples, walnut and honey drizzle 10

Blueberry Orange Protein Smoothie 
Immune boosting blend with banana and soy milk 6

Fruit Energizer
Pineapple strawberry smoothie with low fat vanilla yogurt, milk and honey 6

REJUVENATE

Grilled Virginia Ham and Eggs*
Organic eggs done your way, crispy hash browns, grilled Virginia ham and choice of toast 14


Two Eggs any Style*
Let us know your favorite style of eggs served with hash brown potatoes and choice of toast 12

The Tysons*
Two eggs any style with hash brown potatoes, your choice of breakfast meat and toast, bagel or English muffin 15


Crab Cake Benedict*
Poached organic eggs, Virginia ham on an English muffin with hollandaise served with hash brown potatoes and choice of bacon or sausage 16.50

Eggs Florentine
Poached organic eggs, provolone cheese, wilted spinach on an English muffin with hollandaise served with hash browns and choice of bacon or sausage 15.50

Omelet Your Choice*
Three egg omelet with choice of white diced onions, peppers, mushrooms, spinach, jalapeños, tomato, cheddar cheese, served with hash brown potatoes and choice of toast 15.50

Egg White and Young Spinach Omelet 
Folded with sautéed onions and low-fat cheddar cheese, mini tomato and arugula salad and choice of toast 15

Grilled Chicken Panini* 
Egg whites scrambled, pepper jack cheese, whole wheat bread, cured tomatoes and arugula salad 15.50

Egg White and Turkey Wrap* 
Egg whites scrambled, spinach, tomatoes, cheddar cheese in a white flour tortilla, mini tomato and arugula salad 15.50

Breakfast Sandwich*
Two fried eggs, applewood smoked bacon, sliced tomatoes, cheddar cheese served on sourdough bread with breakfast potatoes 13

Smoked Salmon and Toasted Bagel
Sliced beefsteak tomato, red onion, capers, hardboiled egg, cream cheese 14

BREAKFAST TABLE


Jump Start Buffet

Whole and fresh cut seasonal fruit, cold cereal, granola, fresh bakery selections, cream cheese, butter and jams, sliced smoked salmon with capers, red onion, sliced tomato, assorted sliced cold meat and cheese of the day, selection of juices, milk, fresh brewed Starbucks® coffee and assorted Tazo® teas 16

Complete Start Buffet

Add to the Jump Start Buffet scrambled eggs, bacon, sausage, breakfast potatoes, steel cut oatmeal, and the chef's hot selection of the day 18.50

INDULGE

Orange Granola Yogurt Pancakes 
Mixed berries, orange, maple syrup and whipped butter 14.75

Malted Almond Waffles
Served with warm strawberry Romanoff, whipped cream and warm maple syrup 14

Buttermilk Pancakes
Served with warm maple syrup 13

Basket of Fresh Bakery Selections
Fresh croissants, blueberry muffins and slices of breakfast loaf breads 8

OPTIONS

- One Single Egg 5.50
- Seasonal Berries and Yoplait® Yogurt 9
- Selection of Cold Kellogg's® Cereals 6
- Toasted Bagel and Philadelphia® Cream Cheese 7
- Choice of Applewood Smoked Bacon, Breakfast Sausage, Turkey Sausage, Virginia Ham or Canadian Bacon 7
- Hash Brown Potatoes 5.50
- Half Sectioned Grapefruit 5.50
- Market Fresh Fruit and Berries 9
- Grits or Steel Cut Oatmeal 5.50
- Single Buttermilk Pancake 5

ENERGIZE

- Regular or Decaffeinated Starbucks® Coffee 5.50
- Selection of Tazo® Teas 5.50
- Orange, Grapefruit, Apple, Cranberry, Pineapple, V8® or Tomato Juice 5
- Whole, 2%, Skim, Soy or Chocolate Milk 5

*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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