

# RESTORE BALANCE THIS MORNING

Presented by Executive Chef  
JOHN B. PAPA JR.

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.

Weekends last longer at Westin hotels, with extended breakfast hours. Whether you sleep in and slow down, or jump-start your day with WestinWORKOUT, you can dine at your own pace.






## WESTIN FRESH BY THE JUICERY

- Orange, Grapefruit, Lemon, Lime  **GF** 8.00
- Orange, Passion Fruit, Ice  **GF** 8.00
- Pineapple, Cucumber, Mint  **GF** 8.00
- Smoothie  **GF**
- Mango, Blueberries, Avocado, Almond Milk 8.00






## 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 Cinnamon-Scented Oatmeal  Green apples, walnuts and honey drizzle 8.00
- Traditional Steel-Cut Oatmeal  **GF** With brown sugar and raisins 6.00
- Whole-Grain Cereal or Crunch Granola Berries or banana, soy milk available 6.50
- Market-Fresh Cut Fruit and Berries  **GF WW** 8.50
- Blueberry Banana Smoothie  Made with soy milk, honey, all natural granola bar 5.50
- Granola, Flaxseed, Yogurt and Berry Parfait  **WW** Sun dried cranberries and toasted almonds 8.00

## REJUVENATE

- Organic Pastel Egg White and All-Natural Turkey Omelet\*  **GF** Laced with arugula, low-fat cheddar, tomato and avocado salad 13.00
- Egg White Omelet with Broccoli\*  **GF** Cheddar and cured roma tomatoes 10.50
- Egg White Mediterranean Frittata\*  **GF** Spinach, olives, tomatoes and feta cheese 10.50
- Smoked Salmon “Benedict”\*  Poached organic eggs, wilted spinach on English muffin with olive oil citrus hollandaise 13.00
- Crisp Malted Belgian Waffle Whipped cream, butter and maple syrup 10.00
- Organic Egg Scramble, Smoked Salmon\*  **WW** Tomato, tofu, avocado, whole wheat English muffin 10.00
- Gluten-Free French Toast **GF** Served with maple caramelized apples and cranberries 10.00

\*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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**GF** We pride ourselves in providing gluten friendly menu choices. While we endeavor to carefully prepare those meals to accommodate a gluten-free diet, please 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.

\*Other Food Allergies - Before placing your order, please inform us if anyone in your party has a food allergy. While we will attempt to accommodate your specific needs, there is still a risk of cross-contact during preparation and cooking of food items. Each guest must ultimately decide whether a certain menu item will meet their dietary needs.

## 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\*  Two done your way, olive oil-seared vine ripened tomato slices 9.00

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




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

Crunchy French Toast Wheat bread dipped in egg beaters and corn flakes, finished with bananas and strawberries 12.00

Build Your Own Breakfast Sandwich\* Choice of English muffin, croissant or biscuit with ham, sausage or bacon and scrambled or fried egg 10.00

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


## OPTIONS

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

## ENERGIZE

Freshly Brewed Starbucks® Coffee  
Regular or decaffeinated 2.50  
Espresso 1.95  
Cappuccino or Café 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