

feed the body, nourish the soul






superfoods**

blueberries	oranges	soy
broccoli	salmon	yogurt
nuts	strawberries	spinach
oats	tomatoes	

morning is a time for renewed energy

the westin hotels breakfast menu offers revitalizing options that incorporate 'superfoods' rich in antioxidants, phytonutrients and balanced nutrition

invigorate

- fresh fruit smoothie of the day  7
rotating daily selections include apple cinnamon, blueberry banana, and blueberry orange
- housemade granola, berries and yogurt  8.5
sprinkled with hazelnuts, almonds & pistachios
- whole grain cereal or crunchy granola  6.5
seasonal berries or sliced bananas
- market fresh cut fruit  11
a bountiful selection of seasonal fruits & berries served with cranberry yogurt bread
- steel cut oatmeal with banana brulee  8
two favorites under a caramelized crust




rejuvenate

- organic farm fresh eggs a la carte 15
two eggs as you like, choose applewood smoked bacon, turkey bacon, sausage links or grilled ham with crisp hash browns or spring greens salad
- thin sliced smoked salmon on bagel  14
tomato, onion, chopped egg, capers, cream cheese
- southwestern breakfast quesadilla 13
flour tortilla, scrambled egg with fresh tomato, chorizo, cheddar cheese, tomato salsa, sour cream
- soft rolled omelet 14
choice of onions, peppers, mushrooms, spinach, broccoli, grilled chicken, bacon, ham, sausage, cheese
- whipped egg white omelet  13
with broccoli, tomato, onion, cheddar cheese
choice of crisp hash browns or spring greens salad
- eggbeater spinach tower  13
served with salsa, avocado and grilled tortilla


indulge

- classic eggs benedict 15
english muffin, canadian bacon, soft poached egg, hollandaise
- golden buttermilk pancakes 13
plain, fruit or chocolate chip
- french toast 13
blueberry banana or texas style egg bread with strawberries
- steak & eggs 19
8 oz strip steak, two eggs as you like, crisp hash browns, grilled onions

options

- bowl of field grown berries  8
the season's best offerings
- fresh baked pastry basket 7
flaky croissant, muffin and choice of multi-grain, sourdough, rye, wheat, white toast or english muffin with jam, honey and sweet cream butter
- low-fat yogurt  5
choose from fruit, berry or plain
- applewood smoked bacon, turkey bacon, sausage links, grilled ham 5
- crisp hash brown potatoes 4
- bagel with philadelphia cream cheese 4
- muffin top 3
ask your server for today's selection
- organic flax seed  3
add to any fruit, cereal, or smoothie

revive

- freshly brewed starbucks® coffee 2.5
regular or decaffeinated
- tazo® tea 2.5
- juice 3
orange, grapefruit, apple, cranberry or tomato
- milk 2.5
whole, non-fat, 2%, or chocolate
- soy milk  2.95

PARALLEL
40

***"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 