

1862 ROOM

RESTORE BALANCE THIS MORNING

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.

INVIGORATE

Market Fresh Fruits and Berries
A bountiful selection of the season's best 11.00



Berry, Apple and Granola Muesli
Low-fat vanilla yogurt, banana, walnuts and pomegranate essence 10.50



Steel Cut Cinnamon-Scented Oatmeal
Green apples, walnuts and honey drizzle 9.00



Cereal or Crunchy All-Natural Granola
Seasonal berries or sliced banana 8.50

Blueberry Protein Smoothie
Banana, orange, apple, soy protein 7.50



REJUVENATE

Organic Pastel Egg White and All-Natural Turkey Omelet
Laced with arugula, low-fat cheddar
Tomato and avocado salad 15.00



Smoked Salmon "Benedict"*
Poached organic eggs, wilted spinach on English muffin with olive oil citrus hollandaise 16.00



Blueberry and Orange Granola Pancakes
Maple syrup and whipped butter 14.50



Egg White and Young Spinach Omelet
Folded with sautéed onions and low-fat cheddar cheese
Mini tomato and arugula salad 14.00



INDULGE

Crisp Belgian Waffle
Seasonal berries, whipped cream,
warm maple syrup 14.50

Grilled Ham and Eggs*
Organic eggs done your way, crispy hash browns,
Choice of grilled ham, bacon or sausage,
and toast or English muffin 13.00

Smoked Salmon Croque Monsieur*
Sourdough, aged cheddar, fried egg
Tomato and avocado salad 16.00

OPTIONS

Bowl of Field Grown Berries
A bright mix of the season's best 7.00



Low-Fat Yogurt
Choice of fruit, berry or plain 6.00



Freshly Baked Bagel
Philadelphia® cream cheese 5.50

Freshly Baked Pastry Basket
Butter and fruit preserves 6.50

Smoked Bacon, Breakfast Sausage Links
or Grilled Ham 6.00

Crispy Hash Brown Potatoes 5.50

ENERGIZE

Juice Orange, grapefruit, apple, cranberry, or tomato 5.00

Starbucks® Coffee
Cappuccino 6.00
Latte 6.00
Espresso 5.50

Freshly-brewed regular or decaffeinated 6.00

Assorted Tazo® Teas 5.00

Milk Regular, non-fat, 2%, chocolate or soy 5.00



*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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