







• POWER STARTS •

- MARKET FRESH FRUITS & BERRIES 10.5  gf ~ v
- BERRY APPLE & GRANOLA MUSELI 12 v
low-fat vanilla yogurt, banana, walnuts and pomegranate
- CINNAMON OATMEAL 10  v
apples, walnuts and honey
- WHOLE GRAIN CEREAL or CRUNCHY GRANOLA 9.5 v
seasonal berries or sliced banana



• HOUSE SPECIALTIES •


- AMERICAN BREAKFAST* 17
two eggs done your way, crisp hash browns
choice of: ham, bacon, pork sausage or turkey sausage
choice of: toast or english muffin
- PASTEL EGG WHITE & ALL-NATURAL TURKEY OMELET 17 gf
spinach, low-fat cheddar, pomodoro, arugula, tomato and avocado salad
- EGGS BENEDICT 17
poached eggs, canadian bacon, english muffin and citrus hollandaise
- BUILD YOUR OWN OMELET* 17 gf
choice of: egg whites or eggs
choice of four fillings: spinach, bacon, turkey, mushrooms, onions, ham, red peppers, jack or cheddar cheese
choice of: toast or english muffin and hash browns or arugula, tomato and avocado salad
- ORANGE GRANOLA PANCAKES 13.5 v
maple syrup and whipped butter
- BELGIAN WAFFLE 13.5 v
berries, whipped cream and maple syrup
- PINZIMINI BURRITO 15
bacon, jalapeño, caramelized onions, roasted peppers, avocado and scrambled eggs

• ON THE SIDE •

- BOWL OF BERRIES 8  gf ~ v
- BAGEL 5 v
- ENGLISH MUFFIN 2.5
- PASTRY BASKET 6 v
- BREAD BASKET 6 v
- YOGURT 5  gf ~ v
plain, vanilla, strawberry or greek yogurt
- CHOICE of TOAST 2.5
white, wheat, rye or sourdough
- SMOKED BACON 5.5 gf
- PORK SAUSAGE 5.5
- GRILLED HAM 5.5 gf
- TURKEY SAUSAGE PATTIES 5.5

• BEVERAGES •

- JUICE 5 
orange, cranberry, grapefruit, tomato or apple
- BLUEBERRY SMOOTHIE 7 gf ~ v
banana, orange, apple and soy milk
- MILK 5 
regular, nonfat, 2%, chocolate or soy
- STARBUCKS® COFFEE 5
regular or decaffeinated
- ESPRESSO 3
- CAPPUCCINO 5
- TAZO® TEA 5

 “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 • gf – gluten free v – vegetarian • *consuming raw or undercooked meat, eggs, and/or fish may increase your risk of food-borne illness • always notify your server of any allergies • parties of 6 or more will include a 20% gratuity