

# 1400 NORTH

Market fresh continental buffet  
*select from our fresh juices, coffee, hot tea, oatmeal, housemade granola, fresh fruit, yogurt, sliced cheese, salmon, cold cuts, breakfast breads, bagels and pastries.* 20


Ultimate breakfast buffet  
*market fresh fruit, plain and fruit flavored yogurt, steel cut oatmeal, selection of cold cereal and milk, smoked salmon, bagels, assorted breakfast pastries, french toast pancakes, breakfast potatoes, country style sausage, applewood bacon, three item omelets, waffles and eggs cooked to order\*.* 26

## superfoods blueberries, tomatoes, nuts, oranges, apples tomatoes, yogurt, oats, apples, honey, salmon

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


## superfoods

Steel cut oatmeal   
*mccann's irish oatmeal, caramelized bananas, fresh strawberries, golden raisins, brown sugar* 9

smoked salmon with tofu and avacados   
*toasted bagel, micro greens, grape tomato* 18

fresh fruit platter   
*seasonal fruit and berries, low fat yogurt, low fat granola bar* 18

egg white omelet, broccoli, cheddar   
*aged cheddar, fresh herbs, flash broiled roma tomatoes, hash browns or organic greens* 17

spicy smoked turkey taco & egg white scramble   
*cheddar cheese, avocado and salsa* 17

## indulge

american breakfast \*  
*two eggs any style, hash browns and your choice of bacon, sausage or ham steak* 20

eggs benedict \*  
*poached eggs, canadian bacon, on a toasted english muffin, hollandaise sauce, hash browns* 21

belgian waffle  
*house made almond brittle, mixed berries* 18

buttermilk or 7-grain pancakes  
*with whipped cream and maple syrup* 19

stuffed raisin brioche french toast  
*citrus infused mascarpone, fresh seasonal fruit compote* 19

make your own omelet \*  
*three eggs with your choice of three items: ham, bacon, spinach, asparagus, green onions, bell peppers, mushrooms, tomatoes, cheddar or feta or goat cheese, served with hash browns*  
*additional topping \$2 each* 19

NY Steak and Eggs \*  
*with wild mushroom bacon hash and grilled tomatoes* 26

egg white chicken panini \*  
*grilled chicken breast, egg whites scrambled, pepper jack cheese, served with arugula and tomato salad* 18

## options

*hash browns* 7

*market vegetables* 9

*breakfast meats*

*applewood smoked bacon, pork sausage, turkey bacon, turkey sausage, canadian bacon or ham* 7

## rejuvenate

*freshly squeezed orange, grapefruit juice, apple, pineapple, cranberry, tomato or V8* 6

*berry parfait*  
*layers of homemade granola, berries and yogurt* 11

*low fat yogurt*  
*plain, berry or greek* 5

*blueberry and banana smoothie*  
*soy milk, honey and served with flax seed granola* 8

## invigorate

*assorted cold cereal*  
*raisin bran, special k, froot loops, granola or all bran; add bananas or strawberries* 6  
*add bananas or strawberries for an additional* 3

*breads*  
*choice of english muffin, white, whole wheat, rye, sourdough or multi-grain* 6

*bagel with cream cheese* 6

*bakery basket*  
*a sampling of breakfast pastries* 7

## revive

*starbucks coffee-decaf or regular, tazo teas, iced coffee* 6

*cappuccino or latte* 6

*espresso* 5

*milk*  
*whole milk, soy, skim, 2%, or chocolate* 3

*iced tea* 4

## juicery



*Juice*  
*carrot, orange, ginger, turmeric and pineapple* 9

*Juice*  
*celery, cucumber, lime, honey water* 9

*Smoothie*  
*kale, spinach, banana, mango, cinnamon* 9

*Smoothie*  
*sweet potato, pineapple, kale, chia seeds, almond milk* 9

**\*Consumer Advisory:** Consumption of raw or undercooked meat, poultry, eggs, or seafood may increase the risk of illness, especially if you have certain medical conditions.

**\*\*these nutritional powerhouse foods can help to extend your health span-the extent of time you have to be healthy, vigorous & vital.**

**Dr. Steven Pratt, author of SuperFoods Rx: fourteen foods that will change your life.**  
**An automatic 20% gratuity will be added to parties of 6 or more.**