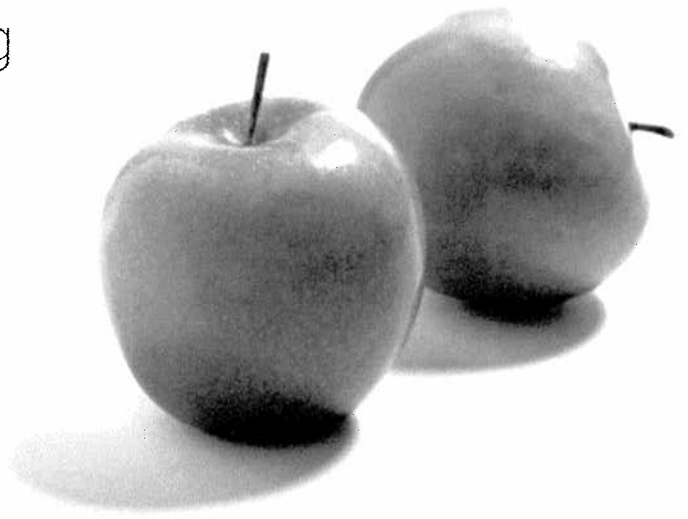


restore balance this morning

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**


blueberries	tomatoes	nuts
oranges	soy	oats
apples	broccoli	yogurt
		salmon





essential breakfast the golden gate superfoods buffet


an assortment of fresh seasonal fruits, homemade breakfast pastries, assorted cereals, dried fruits, yogurt, scrambled eggs, sausage, bacon, breakfast potatoes, cheeses, smoked salmon and deli meats, starbucks coffee, tea and freshly squeezed juice 24.95


superfoods

blueberry banana smoothie
made with soy milk, honey, all natural granola brittle 8.50 

berry, apple and granola muesli
low fat vanilla yogurt, banana, walnuts,
pomegranate essence 12.50 

smoked salmon silky tofu and avocado
toasted bagels, micro greens, grape tomatoes 16.50 

scrambled egg, turkey and cheddar wrap
choice of: farm fresh eggs, cholesterol free egg-beaters
or egg whites rolled with avocado in soft tortilla,
chipotle salsa 16.75 

blueberry orange granola pancakes
citrus berry salad, maple syrup, and whipped butter 17.25 

invigorate

bowl of cereal
frosted flakes, cheerios, total raisin bran, total bran flakes,
granola, special "k", golden grahams, cocoa puffs, corn flakes,
kix crispy corn puffs with fresh fruit 10.00

hot quaker oatmeal
raisins cinnamon and brown sugar with fresh fruit 11.45

options

toasted bagel & philadelphia cream cheese 6.00
norwegian smoked salmon, onions and capers 9.50
plain, sesame, whole wheat or cinnamon raisin bagel 5.25
white, wheat, sourdough, rye toast or english muffin 5.25
hickory smoked bacon, canadian bacon,
maple glazed ham or pork link sausage 5.25
one egg 4.75
two eggs 5.75
fruit plate 6.25

indulge

eggs "your way"
two eggs cooked to your liking, choice of hickory smoked
bacon, traditional pork link sausage or grilled ham,
rosemary hash brown potatoes and choice of toast 17.25

omelet

hand whipped three egg omelet, bacon bits,
breakfast sausage, sliced mushrooms, melted vermont
cheddar, rosemary hash brown potatoes and
choice of toast 17.85

eggs benedict

two poached eggs on toasted english muffins,
canadian bacon, sweet butter hollandaise sauce
served with rosemary hash brown potatoes 18.95

"crusted" french toast


thick sliced egg bread dipped in egg batter and
cornflake-crust, cinnamon sugar dusting, served with a
fresh seasonal fruit compote and grade "a" amber
vermont maple syrup 17.85

dungeness crabmeat omelet

with asparagus and sonoma jack cheese accompanied
by rosemary hash brown potatoes, your choice of
croissant or toast 19.50

revive

fruit juices
fresh squeezed orange juice and grapefruit juice,
apple, v-8, tomato, cranberry, pineapple or prune 5.75
freshly brewed starbucks coffee 4.25
regular or decaffeinated
assorted tazo teas 5.25
swiss miss hot chocolate 4.25
milk 5.00
non-fat, 2%, whole, or soy milk

 SuperFoods signature dishes have been indicated with the SuperFoods logo.

*Consuming raw or undercooked meats, seafood, shellfish, or eggs may increase your risk of food-borne 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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