

## 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	oats	dark chocolate
oranges	spinach	nuts	cinnamon
apples	yogurt	broccoli	honey

## Fruit and Juice

Bowl of Assorted Seasonal Berries.....	5.50
Fresh Fruit Salad.....	4.95
Florida Orange or Grapefruit Juice.....	3.75
Apple, Cranberry, Tomato, V-8 or Prune.....	3.00

## Early Start

Old Fashioned Oatmeal <sup>SuperFoodsRx</sup> mixed with Butter, Cinnamon, Sugar and Milk.....	4.25
Selection of Cold Cereals .....	3.50
with Bananas or Strawberries.....	4.50
Plain or Assorted Fruit Yogurt <sup>SuperFoodsRx</sup> .....	3.25

## Eggs á La Carte

Accompanied by Breakfast Potatoes

<b>Eggs Benedict</b> .....	13.95
Two Poached Eggs, Canadian Bacon, Hollandaise Sauce, English Muffin	
<b>Veggie Benedict</b> <sup>SuperFoodsRx</sup> .....	12.95
Two Poached Eggs, Tomato, Baby Spinach, Sauce Choron, Toasted English Muffin	
<b>Three-Egg Omelette</b> .....	13.50
Toast, Choice of Ham, Mushrooms, Peppers, Tomatoes, Onions, Cheese	
<b>All American</b> .....	13.00
Two Eggs Any Style, Toast, Choice of Bacon, Ham or Sausage	

## Lite Breakfast

<b>Healthy Frittata</b> <sup>SuperFoodsRx</sup> .....	13.50
Cholesterol Free Eggs, Spinach, Tomato, Mushrooms, Peppers, Broccoli, Onion, Multi Grain Sour Rolls, Turkey Bacon	
<b>Healthy Start</b> <sup>SuperFoodsRx</sup> .....	10.95
Fresh Fruits, Berries, Fat and Sugar Free Bran Muffin, Yogurt, Granola	

## Japanese Breakfast

Pickled Cucumbers, Plum, Radish, Eggplant, Over Easy Egg, Miso Soup, Rice, Nori Paper, .....	21.95
Daily Catch, Spinach, Strawberries	

## Lox and Bagel

<b>Smoked Wild Salmon, Toasted Bagel, Cream Cheese, Condiments</b> .....	13.95
--	-------

<sup>SuperFoodsRx</sup> SuperFoods signature dishes have been indicated with the SuperFoods logo.  
 \*\*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.

Prices exclusive of tax and gratuity; for parties of 6 and more an optional 18% gratuity will be added.  
 We are happy to discuss with you and attempt to accommodate any dietary or special needs diets.  
 All food items are cooked to the recommended FDA Food Code temperatures, unless otherwise requested.  
 Consuming raw or undercooked meats, seafood, shellfish, or eggs may increase your risk of food borne illness.

## Heavenly Breakfasts

<b>Almond Crusted French Toast</b> <small>SuperFoodsRx<sup>®</sup></small> .....	10.95
French Toast, Almonds, Raspberry Preserves	
<b>Belgium Waffle</b> <small>SuperFoodsRx<sup>®</sup></small> .....	9.95
Blueberries, Whipped Cream	
<b>Old-Fashioned Pancakes</b> <small>SuperFoodsRx<sup>®</sup></small> .....	10.95
Choice of Blueberries, Bananas, Chocolate Chips	

## Corned Beef Hash Skillet 13.95

Two Poached Eggs, Sautéed Potatoes, Homemade Corned Beef Hash, Spicy Smoked Tomatillo Salsa  
Includes Toast, Choice or Juice and Coffee or Tea

## Beverages

Freshly Brewed Starbucks 100% Colombian Coffee.....2.50 (regular or decaffeinated)	Saratoga Still or Sparkling Water ..... 6.95
Pot of Imported Breakfast Tea.....2.50	Cappuccino* ..... 3.95
Old Fashioned Hot Chocolate with Marshmallows.....2.50	Cafe Latte* ..... 3.95
Whole Milk, Skim Milk, Chocolate Milk .....2.50	Espresso* ..... 3.00 (*decaf available)

## Weekday Swan Buffet

Omelettes and Eggs Any Style, Breakfast Meats and Potatoes,  
Fresh Fruit, Yogurt, Oatmeal, Cold Cereal Selection, Specialty Egg Entrées  
Sweet Entrées and Pastries, SuperFoods Collection SuperFoodsRx<sup>®</sup>  
Starbucks Coffee and Florida Orange Juice included in Buffet

**Adults 16.99      Children 3-9 10.99**

## Weekend Character Buffet

Omelettes and Eggs Any Style, Breakfast Meats and Potatoes,  
Fresh Fruit, Yogurt, Oatmeal, Cold Cereal Selection, Specialty Egg Entrées Featuring Eggs Benedict  
Sweet Entrées and Pastries, SuperFoods Collection SuperFoodsRx<sup>®</sup>  
Starbucks Coffee and Florida Orange Juice included in Buffet

**Adults 18.99      Children 3-9 11.99**

## Disney Characters Appearing Saturday and Sunday 8 - 11 a.m.



SuperFoods signature dishes have been indicated with the SuperFoods logo.

\*\*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.

Prices exclusive of tax and gratuity; for parties of 6 and more an optional 18% gratuity will be added.

We are happy to discuss with you and attempt to accommodate any dietary or special needs diets.

All food items are cooked to the recommended FDA Food Code temperatures, unless otherwise requested.

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