

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



superfoods **

blueberry orange smoothie

immune boosting blend with banana and soy milk 7.00

berry, apple and granola muesli

low fat vanilla yogurt, sliced banana, walnuts, pomegranate essence 9.00

steel cut cinnamon scented oatmeal

sliced banana, raw almonds, drizzled with honey 7.00

all natural granola with low fat yogurt & berries

enhanced with flax seeds and almonds 8.00

invigorate-griddle

buttermilk griddle cakes

with pure maple syrup 10.00

grand marnier french toast

with sweet crème 12.00

belgian waffle

with warm maple syrup 10.00

add fresh berries and sweet crème 4.00

rejuvenate - eggs

chilaquiles

an authentic mexican breakfast dish served with corn and flour tortilla chips sautéed in salsa, your choice of eggs, topped with pico de gallo and queso fresco 11.00

egg white omelet and broccoli

fresh basil, white onion, topped with wisconsin cheddar cheese, served with breakfast potatoes, roast tomatoes and grilled broccoli 13.00

your omelet

three farm fresh eggs served with baby greens salad, rosemary and garlic new potatoes and your choice of up to three of the following items 13.00 additional items 2.00

grilled chicken sausage ham	mushrooms green onions corn baby spinach red peppers	country goat cheese wisconsin cheddar cheese gruyere swiss cheese
pork sausage		
bacon		
caramelized onions		
roasted tomatoes		

indulge - specialty

classic eggs benedict

poached eggs and canadian bacon on an english muffin topped with hollandaise, served with baby greens and rosemary and garlic new potatoes 12.00

grilled salmon benedict

grilled tofu topped with grilled salmon and poached eggs, spicy orange sauce, served with chilled asparagus, roasted tomato and arugula 16.25

all american breakfast

two farm fresh eggs served with breakfast potatoes, baby greens, and your choice of bacon, ham or sausage served with toast and your choice of drink 12.00

salmon and tofu bagel

cured salmon topped with tofu, avocado, olive oil and tomato, served with lemon and a toasted bagel 12.00

the deluxe continental

fresh fruit served with a fresh baked pastry and your choice of drink 10.00

options - a la carte

bagel with cream cheese 5.00

seasonal berries with cream 7.00

fruit plate 9.00

apple bacon 4.00

grilled ham 4.00

chicken sausage 5.00

egg 3.00

revive - beverages

juice 3.00

orange, apple, cranberry, grapefruit, v8

coffee, tea, hot chocolate 3.00

cappuccino 3.50 espresso 2.50

aqua panna or

pellegrino bottled water 5.00

mimosa 7.00

whitebark bloody couloirs mary 9.00



 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. Service charges and government taxes are additional. ©2008 Starwood Hotels

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