

SPOONBREAD

RESTAURANT

SUPERFOODS*



Powerfully paired – Our delectable superfoods dishes pair whole foods to boost their benefits and their flavors. Antioxidant rich and naturally low in calories, our tempting selections make healthful meals impossible to resist.

***YOGURT GRANOLA PANCAKES**



Homemade pancakes made with yogurt and granola, topped with blueberries and pure maple syrup \$9.00

***CAGE FREE EGGS WITH SALMON**



Two poached eggs over grilled Atlantic salmon, with asparagus, tomatoes and arugula salad \$11.25

***EGG WHITE OMELET WITH BROCCOLINI**



Egg whites with sautéed onions, basil and local goat cheese served with steamed broccolini \$8.95

***COLD CEREALS**



Homemade Granola, Raisin Bran, Corn Flakes, Cherrios or Shredded Wheat \$5.00
Add berries or bananas \$2.00

***HEARTY OATMEAL**



With brown sugar, raisins, blueberries and nuts \$5.50

FRUITS, JUICES & YOGURTS

Freshly squeezed orange or grapefruit \$2.25
Tomato, V8, apple or cranberry juice \$2.25

Yogurt \$4.25

Cottage Cheese \$4.25

Fruit and berries \$6.50

BREADS & PASTRIES

Served with butter and fruit preserves

Fresh baked pastries or muffins \$3.25

Toasted English Muffin \$4.25

Bagel with Cream Cheese \$4.25

Buttermilk Biscuit or toast \$3.25

LOCAL HARVEST BUFFET

Local hard boiled eggs, omelets made to order, farmers breakfast casserole, crispy bacon, southern grits, local cheeses and milk, local breads, croissants, danishes, muffins, local honey, jams, and butter, locally cured brown sugar ham, waffle station, fresh local fruit, vegetable crudités, and yogurt parfait plus the Continental Buffet \$16.95

POINSETT CONTINENTAL BUFFET

Choice of freshly baked muffins, pastries, English muffins, bagels, toast or buttermilk biscuits, butter and preserves, cereals, fresh seasonal fruits, fruit yogurts, meat and cheese tray, freshly brewed Starbucks regular or decaffeinated coffee, and choice of orange, grapefruit, cranberry or apple juice \$11.50

BREAKFAST ENTREES

EGGS YOUR WAY

Two eggs made to order with a choice of bacon, sausage or country ham, served with breakfast potatoes or grits, and toast or English muffin with butter and preserves \$10.75

TRADITIONAL EGGS BENEDICT

Toasted English muffin topped with Canadian Bacon, poached eggs and fresh Hollandaise sauce served with breakfast potatoes or grits \$9.75

SOUTHERN WAFFLES

Pecan waffle with maple syrup or strawberry waffle with fresh strawberries and whipped cream \$9.00

BEVERAGES

***WESTIN FRESH BY THE JUICERY**

Pineapple, Cucumber and Mint Juice \$6.00

Apple, Spinach, Lemon and Parsley Juice \$6.00

Blueberry and Orange Protein Smoothie \$6.00

Apple, Banana, Pineapple Smoothie \$6.00

COFFEE & TEA

FRESHLY BREWED STARBUCKS

Regular or Decaffeinated \$2.25

Espresso \$3.00

Cappuccino or Latte \$3.50

TAZO TEAS

Selections of regular or decaffeinated hot teas \$2.25

MILK

2% Skim, Whole, or Soy \$2.25



* *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 SuperFoodsRx: Fourteen Foods That Will Change Your Life. Service charges and government taxes are additional. ©2010 Starwood Hotels & Resorts Worldwide, Inc. Consuming raw or undercooked meats, poultry, seafood or shellfish may increase your risk of foodborne illness, especially if you have certain medical conditions.