

# SPOONBREAD

## RESTAURANT

### EAT WELL

Our Westin Eat Well Menu offers a selection of nutritious dishes, handcrafted by our Chef with guests' well-being in mind. From flexible portion sizes to mindfully selected ingredients, this special menu offers a variety of healthier choices to help you eat well.

### YOGURT GRANOLA PANCAKES

Homemade pancakes made with yogurt and granola, topped with blueberries and pure maple syrup \$9.75

### \*CAGE FREE EGGS WITH SALMON

Two poached eggs over grilled Atlantic salmon, with asparagus, tomatoes and arugula salad \$13.75 *gf*

### \*EGG WHITE SPINACH OMELET

Folded Egg whites with spinach, sautéed onions, low fat cheddar cheese with arugula salad \$12.75 *gf*

### COLD CEREALS

Homemade Granola, Raisin Bran, Corn Flakes, Cheerios or Shredded Wheat \$5.50.  
Add berries or bananas \$2.25

### HEARTY OATMEAL

With brown sugar, raisins, blueberries & nuts \$6.50 *gf*

### FRESH BERRIES, APPLE, BANANA, YOGURT AND GRANOLA MUESLI

Low-fat vanilla yogurt, berries, sliced apples, bananas, walnuts, and topped with pomegranate essence \$6.50

### FRUITS, JUICES & YOGURTS

Freshly squeezed orange or grapefruit \$3.25  
Tomato, V8, apple or cranberry juice \$3.00

Yogurt and Low-Fat Yogurt \$4.25  
Cottage Cheese \$4.25

### BREADS & PASTRIES

Served with butter and fruit preserves

Fresh baked pastries or muffins \$4.25  
Toasted English Muffin \$2.75  
Bagel with Cream Cheese \$4.25  
Buttermilk Biscuit or toast \$3.25

*Gluten Free Bread Available*

### SIDE ORDERS

Bacon, Country Cured Ham, Canadian Bacon,  
Turkey Sausage, Link Sausage \$3.75  
Crispy Home Fries \$2.95  
Grilled Asparagus \$3.50 *gf*  
Sautéed Spinach \$2.95 *gf*

### LOCAL HARVEST BUFFET

Local hard boiled eggs, omelets\* and eggs\* made to order, farmers breakfast casserole, crispy bacon, link sausage, southern grits, local meat and cheese tray, fresh seasonal whole and cut fruits, vegetable crudités, smoked Salmon and seared Tuna\*. Waffles made to order, a selection of cereals, yogurt parfaits, and cottage cheese. Plus Danishes, pastries, local breads, muffins, croissants, bagels, or buttermilk biscuits, preserves, local honey, jams, and butter. Freshly brewed Starbucks coffee, and choice of orange, grapefruit, cranberry or apple juice \$17.95

### CONTINENTAL

Fresh fruit plate served with a choice of yogurt or cottage cheese, choice of pastries, muffins, local breads, croissants, or bagels. Starbucks regular or decaffeinated coffee and choice of orange, grapefruit, cranberry or apple juice \$12.75

### \*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 \$11.75  
*Gluten Free Bread Available*

### \*TRADITIONAL EGGS BENEDICT

Toasted English muffin topped with Canadian Bacon, poached eggs and fresh Hollandaise sauce served with breakfast potatoes or grits \$12.75  
*Gluten Free Bread Available*

### SOUTHERN WAFFLES

Pecan waffle with maple syrup or strawberry waffle with fresh strawberries and whipped cream \$9.75

### BEVERAGES



Watermelon, Basil Juice \$6.00  
Pineapple, Cucumber, Mint Juice \$6.00  
Lychee, Pineapple, Banana,  
Vanilla and Ice Smoothie \$6.00  
Blueberry, Spinach, Chia Seeds, Avocado, Almond Milk and  
Granola Smoothie \$6.00

### FRESHLY BREWED STARBUCKS COFFEE

Regular or Decaffeinated \$2.75  
Espresso \$3.25  
Cappuccino or Latte \$3.50

### TAZO TEAS

Selections of Tazo hot teas \$3.50

### MILK

2%, Skim, or Whole Milk \$2.75  
Almond, or Soy Milk \$2.75

\*Consuming raw or undercooked meats, poultry, seafood or shellfish may increase your risk of foodborne illness, especially if you have certain medical conditions.

Our eggs are fresh, free-range & local

*gf* Indicates a Gluten Free Choice

*The Westin Poinsett, 120 S. Main Street, Greenville, SC 29601 P: 864.421.9700*