

FRESH START



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 \$7.95

* 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, Cheerios or Shredded Wheat \$2.75
add berries or bananas \$2.00

* HEARTY OATMEAL

With brown sugar, raisins, blueberries and nuts \$4.25

FRUITS, JUICES & YOGURTS

Freshly squeezed orange or grapefruit \$2.00

Tomato, V8, apple or cranberry juice \$2.00

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 or Bagel with Cream Cheese \$4.25

Buttermilk Biscuit or Toast \$3.25

BREAKFAST BUFFET

Omelets and eggs made to order, breakfast potatoes, Southern grits, hearty oatmeal, bacon and sausage, french toast, cheese blintzes with strawberry topping, warm homemade waffles, freshly brewed Starbucks regular or decaffeinated coffee, choice of orange, grapefruit, cranberry or apple juice, plus the Continental buffet \$14.50

POINSETT CONTINENTAL BUFFET

Choice of freshly baked muffins, pastries, English muffins, toast or buttermilk biscuits, butter and fresh fruit preserves, cereals, fresh seasonal fruits, freshly brewed Starbucks regular or decaffeinated coffee, and Choice of orange, grapefruit, cranberry or apple juice \$9.50

BREAKFAST ENTRÉES

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 \$8.75

TRADITIONAL EGGS BENEDICT

Toasted English muffin topped with Canadian bacon, poached eggs and fresh Hollandaise sauce served with breakfast potatoes or grits \$9.25

SOUTHERN WAFFLES

Pecan waffle with maple syrup or strawberry waffle, with fresh strawberries and whipped cream \$7.95

COFFEE & TEA

FRESHLY BREWED STARBUCKS® BLEND COFFEE

Regular or decaffeinated \$2.25

Espresso \$2.50

Cappuccino or Latte \$2.50

TAZO TEAS

Selection of regular or decaffeinated hot teas \$2.25

BEVERAGES

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.

Our eggs are fresh, free-range & local from Limestone Farms