









B M E N U Breakfast

Breakfast a la carte available daily from 6:30am to 11:00am




RESTORE BALANCE THIS MORNING

Our SuperFoods breakfast menu features revitalizing dishes made from powerhouse ingredients rich in nutrients and RESTORE BALANCE THIS MORNING antioxidants and taste delicious so you can start your day feeling recharged.

INVIGORATE

- Blueberries Banana Smoothie   6
Immune boosting blend of ripe fruit, soy & yogurt garnished with fresh strawberries
- Market Fresh Cut Fruit Bowl   8
A bountiful selection of seasonal fruit with fresh blueberries
- Granola & Yogurt Parfait 6
Fresh berries layered with low fat yogurt & house made seed granola
- Rolled Hot Oatmeal  6
With banana, pecans & cinnamon
- Berry, Apple and Banana Muesli  6
With fresh strawberries




REJUVENATE

- Farm Fresh Eggs a la carte 15
Two eggs as you like, smoked bacon, sausage or grilled ham & crisp hash browns or seasonal fresh cut fruit salad
- Eggs Benedict 17
Toasted English muffin topped with peameal bacon, poached to preferred doneness eggs, gratineed with hollandaise
- Create Your Own Soft Rolled Omelet  16
Ham, cheese, tomato, onion, mushroom & peppers served with crisp hash browns or seasonal fresh cut fruit salad
- Reserve Egg White Omelet  17
Folded with spinach, sautéed onions & low-fat cheddar cheese, grilled tomato, arugula salad or seasonal fresh cut fruit salad
- Golden Buttermilk Pancakes or Belgian Waffle 13
Buttermilk or Whole Wheat with whipped cream, warm maple syrup & your choice of apple or pecans
- Classic Steak & Eggs 20
6oz strip loin cooked to preferred doneness, two eggs, crisp hash browns or seasonal fresh cut fruit salad
- Toasted Smoked Salmon Bagel  15
Bagel, chive cream cheese, tomato & avocado

LOCAL CHOICES

- Blue Crab Cake and Beans 15
Georgian crab & local potato cakes with Reserve own baked beans. Plated with "dill kicker" remoulade
- Shrimps & Sweet Potato Hash 16
Roasted sweet potato sautéed with onion, Georgian shrimps & cilantro pesto. Finished with two poached eggs & spiced hollandaise sauce



REVIVE

- Freshly-Brewed Starbucks Coffee Tazo Teas  3
- Orange, Apple, Grapefruit, Cranberry  3
- Milk* 2%, Skim, Soy or Chocolate  3

Fresh by the Juicery

- Beet, Carrot, Kale, Apple, Lemon & Ginger Juice  5
- Orange, Grapefruit, Lemon & Lime Juice  5
- Raspberries, Strawberries, Mint, Rosewater, Dates & Almond Milk Smoothie  8
- Kale, Spinach, Banana, Mango & Cinnamon Smoothie  8

OPTIONS

- Low Fat Yogurt, Plain or Berry   3
- Extra Bacon, Sausage or Ham 4
- Extra Hash Browns 3
- Assorted Dry Cereals 5
- Freshly Baked Mini Pastries, Croissant, Muffin, Multi-Grain, Whole Wheat, White Toast or English Muffin .. 4



"These nutritional powerhouse foods can help extend your health span-the extent of time you have to be vigorous and vital." Dr. Steven Pratt, author of SuperFoods Rx: Fourteen Foods That Will Change Your Life



We price ourselves in providing gluten friendly menu choices. While we endeavor to carefully prepare those meals to accommodate a gluten-free diet be aware that they may be prepared in an environment where gluten is present. Please ask your server to assist you in making your selection. Please consult your physician as to your personal health decisions.