

Spoonbread Restaurant

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 and raisins, blueberries and walnuts \$4.25

FRUITS, JUICES & YOGURTS

Freshly squeezed orange, grapefruit or apple juice \$2.00

Tomato, V8 or cranberry juice \$2.00

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

Toast or Buttermilk Biscuit \$3.25

SIDE ORDERS

Bacon, turkey bacon \$3.75

Sausage or link sausage \$3.75

Southern Grits \$3.75

BREAKFAST BUFFET

Freshly brewed Starbucks regular or decaffeinated coffee, choice of orange, grapefruit, cranberry or apple juice, Breakfast potatoes, Southern grits, bacon and sausage French toast, cheese blintz with strawberry topping, omelets and eggs made to order and warm homemade waffles \$12.50

POINSETT CONTINENTAL BUFFET

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

BREAKFAST ENTRÉES

includes juices and coffee

EGGS YOUR WAY

Two eggs made your way with a choice of bacon, sausage or country ham, choice of breakfast potatoes or grits, 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 your choice of breakfast potatoes or grits \$9.25

SOUTHERN WAFFLES

Pecan waffles with maple syrup or fresh cream and strawberries \$7.95

COFFEE & TEA

FRESHLY BREWED STARBUCKS® BLEND COFFEE
Regular or decaffeinated \$2.25

Espresso \$2.50

Cappuccino \$2.50

TAZO TEAS

Selection of regular or decaffeinated hot teas \$2.25

BEVERAGES

MILK

2%, skim, whole milk or soy \$2.25

WESTIN
HOTELS & RESORTS

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

* "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.