



MORNING MENU

Served 6.00 a.m. – 11.30 a.m.

Mango-Banana Smoothie 10.00

Passion Fruit-Wild Berry-Ginseng Smoothie 10.00

With Protein Powder please add 1.50

Fresh Fruit

*Half Grapefruit 8.00, Seasonal Melon 9.00, Sliced Pineapple 9.00,
Mixed Fresh Fruit 10.00, Strawberries 9.50, Raspberries 9.50*

Juice

*Fresh Orange Juice, Fresh Grapefruit Juice,
Fresh Apple Juice, Fresh Cranberry Juice 6.00*

Coffee / Tea

Pot of Coffee (3 cups) 10.00, Espresso 5.50, Pot of Tea 5.00

Cereals

*Granola, Swiss Familia, Grape Nuts, Shredded Wheat, All Bran,
Raisin Bran, Corn Flakes, Steel Cut Oatmeal or Cream of Wheat 10.00
With Organic Fruits add 4.00
With Banana, Raspberries or Strawberries add 5.00
With Greek Yogurt add 4.00*

Pastries

Bran-Blueberry Muffin, Blueberry Muffin, Croissant, Danish, Bagel 5.50

Valencia Egg White Frittata 11.50

*Open Faced Egg White Omelette with Spinach, Yukon Potatoes and Manchego Cheese
Served with Grilled Organic Tomatoes*

~low in cholesterol~

**Please Note: Charge to be included on Spa Bill
Gratuity and Tax will be added to Bill**