


# elements

**breakfast buffet** available daily from 6:30 am to 10:30 am includes juice, coffee or tea. choose from our cold selection \$13.95 or full hot buffet breakfast \$17.25


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

## invigorate


### blueberries banana smoothie

 immune boosting blend of ripe fruit, soy & yogurt garnished with granola brittle  
5

### market fresh cut fruit bowl

 a bountiful selection of seasonal fruit & berries  
7

### toasted almond granola parfait

 yogurt & berries sprinkled with dried blueberries  
6

### rolled oatmeal

 with banana, pecans and cinnamon  
5

### berry, apple and banana muesli

with fresh strawberries & blueberries  
5

## rejuvenate

### farm fresh eggs a la carte

two eggs as you like, smoked bacon, sausage or grilled ham and crisp hash browns or seasonal fresh cut fruit salad  
14


### eggs benedict

toasted english muffin topped with peameal bacon, poached to preferred doneness eggs, gratineed with hollandaise  
16


### create your own soft rolled omelet\*

ham, cheese, tomato, onion, mushroom & peppers, served with hash browns or seasonal fresh cut fruit salad  
16

### elements egg white omelet

 broccoli and cheddar, grilled tomato, hash browns or seasonal fresh cut fruit salad  
14


### westin nova scotian omelet

 sautéed mushroom, shrimp & scallop with grilled tomato, hash browns or seasonal fresh cut fruit salad  
16

### golden buttermilk pancakes

dusted with icing sugar and warm maple syrup  
12

### crisp belgian waffle

 topped with roasted apples, pecans, whipped cream and warm maple syrup, your choice of plain or whole wheat  
12


### steak & eggs

8oz strip loin cooked to preferred doneness, two eggs, hash browns or seasonal fresh cut fruit salad  
18

### banana bread french toast

with sautéed banana and warm maple syrup  
14

### eggs nova

 two eggs as you like, nova scotia smoked salmon, crisp hash browns or seasonal fresh cut fruit salad  
15



## superfoods

blueberries	tomatoes
yogurt	oats
salmon	nuts
soy	apples

\***superfoods** are foods that are considered best for providing the most immune boosting and health-enhancing benefits due to their high nutrients and antioxidants content.

## options

bowl of fresh berries 

7

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

## revive

fresh brewed starbucks coffee  
3

tazo tea 

3

juice

sunkist orange, apple, grapefruit, v8  
3

milk\*

2%, skim, soy or chocolate  
3