

**SPROUTS**  
breakfast



natural . fresh . organic  
seasonal . regional

Served daily until 11am

**SMOOTHIES 7**

strawberry, raspberry,  
banana, mango, peach,  
passion fruit, piña colada

Add 12g Protein 2.5

**FRESH JUICES 6**

orange, grapefruit, pomegranate

**NON-ALCOHOLIC DETOX  
AND ANTIOXIDANT ELIXERS**

Morning Boost Smoothie 8  
banana, blueberry, agave nectar, soy milk,  
flax seed, chia seed, protein

Spa Fresh Smoothie 8  
banana, pineapple, strawberries,  
blueberries, agave nectar, low-fat yogurt,  
pomegranate juice, orange juice

Organic Carrot Apple Juice 6  
McClendon Farms organic carrot,  
Granny Smith apple

Cucumber Cooler 6  
cucumber, mint, fresh lime juice

Raspberry Rose Cooler 6  
raspberry, rose nectar,  
fresh lemonade

Pomegranate Lemonade 6

French Press Coffee 5

• Items may be cooked to order; consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of food borne illness. 6/2011

**Full menu served Friday, Saturday, Sunday  
8 am – 11 am**

**FRUIT AND YOGURT**

Spa Fruit Plate 9  
seasonal fruit, low-fat yogurt  
CAL 243 FAT 1g PRO 4g CARB 60g

House-Made Granola 8  
fresh berries, low-fat yogurt  
CAL 504 FAT 25g PRO 12g CARB 65g

**BREAKFAST ENTREES**

Whole Grain Blueberry Pancakes 10  
chia, flaxseed flour, fresh blueberry  
CAL 300 FAT 9g PRO 11g CARB 45g

• Spa Breakfast Wrap 10  
scrambled egg whites, spinach, avocado,  
tomato, wrapped in a whole wheat tortilla,  
salsa verde  
CAL 382 FAT 19g PRO 18g CARB 39g

• 2 Eggs Any Style 7  
fresh fruit  
CAL 271 FAT 15g PRO 15g CARB 20g

**SIDES**

House-Made Raspberry Protein Bar 3

Toast 3  
whole wheat, multi grain

Bagel 6  
whipped butter or cream cheese

Sauteed Spinach 4

Seasonal Fruit Salad 4

Apple Wood Smoked Bacon 4

**MORNING COCKTAILS**

Caprese Bloody Mary 12  
Square One organic vodka,  
bloody mary mix, fresh mozzarella,  
grape tomato, fresh basil

Passionate Bellini 12  
Square One organic vodka, Pallini Peachcello, passion fruit puree,  
Santa Margherita Prosecco

Menu Selections can be made with your choice of Better than Eggs, farm fresh egg whites or whole eggs