

restore balance this morning

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

Aria
Restaurant & Lounge

superfoods**


blueberries	tomatoes	nuts
oranges	soy	oats
apples	broccoli	yogurt
		salmon

superfoods


steel cut oats

with dried cranberries or raisins & brown sugar 8.00 

healthy start

sautéed spinach, grilled roma tomatoes, medley of mushrooms & poached eggs with toast 15.95 

buttermilk and buckwheat pancakes

with blueberries and real maple syrup 15.95 

vanilla scented french toast

with real maple syrup and fresh whipped cream 15.95
with fresh strawberries, bananas or chocolate • add 3 each

spinach, cherry tomato & goat cheese omelette


free range egg and spinach omelette folded over cherry tomatoes finished with crumbled goat cheese and fine herbs; served with hash browns & toast 15.95

with ham or mushrooms • add 1 each
substitute eggs with egg whites • add 1

substitute hash browns with tomatoes • add 1 

smoked salmon hash

poached free range eggs set on yukon potato, summer squash, spinach, italian parsley & cherry tomato hash; served with toast 18.95

with mushrooms • add 1
substitute eggs with scrambled egg whites • add 1
with hollandaise • add 2 

*the essential

our breakfast buffet including freshly baked croissants, muffins, and pastries, dried fruit and nut granola, flavoured cream cheeses, bagels, dry cereals, fruit & plain yogurts, sliced fruits & whole fruit; served with starbucks coffee or tazo tea 17.95

*aria breakfast

the essential breakfast buffet with your choice of eggs any style, yukon gold hash browns, smoked bacon or breakfast sausage or turkey sausage; served with toast and starbucks coffee or tazo tea 21.95

substitute hash browns with tomatoes • add 1



continental breakfast plate

your choice of a croissant, toast or bagel with cream cheese, fruit salad & choice of plain or fruit yogurt; served with starbucks coffee or tazo tea 13.95


eggs benedict

poached eggs on an english muffin, hollandaise & hash browns, your choice of:


back bacon or sautéed spinach 16.95
with smoked salmon 17.95
substitute hash browns with tomatoes • add 1

super smoothies

omega blueberry

a filling breakfast drink with wild blueberries, yogurt, banana & flax seeds served with an omega 3 biscuit 7.50 

superfood smoothie of the day

a refreshing smoothie made with superfood fruits and rejuvenating botanicals served with an omega 3 biscuit 7.50 

side dishes

two eggs (any style) 4.50
smoked bacon, breakfast sausage or ham 4.50
smoked salmon 5.00
hash browns 3.00
sliced roma tomatoes 4.00
basket of assorted pastries 5.50
sliced fresh seasonal fruits and berries 7.50
bowl of cottage cheese 5.50
individual fruit yogurt with side granola 6.50

beverages

fresh orange or apple juice 4.50
milk: homo, 2%, skim or soy 4.00
espresso 3.75
americano 4.25
cappuccino 4.50
latte 4.75
mocha 4.75
tazo™ teas: darjeeling, awake, calm, chai, earl grey, china green tip or sweet orange 3.50

We serve freshly brewed Starbucks® blend coffee.

Prices are subject to applicable taxes.

 SuperFoods signature dishes have been indicated with the SuperFoods logo.

***"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 SuperFoods Rx: Fourteen Foods That Will Change Your Life.
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