

# Sunday Wellness Brunch

The Carolina Room @ The Westin Hilton Head Island Resort & Spa  
\$28.50 per person

## BUFFET

### HOT ITEMS

Scrambled Eggs  
Specialty Sweet of the Day  
Pork Sausage  
Applewood Smoked Bacon  
Hash Browns  
Wellness Quiche  
Braised Short Rib, Sweet Potato  
and Kale Quiche

### CUBED SEASONAL FRUIT

Cantaloupe, Honey Dew, Pineapple, Strawberry  
and Blueberry

### CHEESE AND CHARCUTERIE

Smoked Meats and Local Cheeses with Pickled Vegetables  
Creole Dijon Mustard, Whole Grain Mustard

### PETITE SMOKED SALMON

Arugula, Hard Cooked Egg,  
Capers, Red Onion, Cucumber

### WESTIN WELLNESS JUICERY

Carrot Orange Ginger, Cucumber  
Celery Coconut, Westin Daily  
Smoothie

### BAKERY BASKET

Croissant, Assorted Danish,  
Blueberry, Glorious Morning  
Bagels: Everything and Plain  
Cream Cheese  
Local Honey, Whipped Butter,  
Emily G's Fruit Preserves

### HOT AND COLD CEREAL

Low Country Grits  
Steel Cut Quaker Oatmeal  
Brown Sugar, Raisins, Dried Apples, Walnuts,  
Dried Cranberries  
Shredded Cheddar, Maple Syrup, Banana Chips  
Assorted Cold Cereals  
2% Milk, Skim, Almond Milk

### SPECIALTY HOT PLATE

Westin Wellness  
Charred Flank Steak, Peruvian Purple Potato Hash,  
Poached Egg, Garden Herb and Smoked Paprika  
Chimichurri

### GLUTEN FREE BAKERY BASKET

GF Cranberry Orange Muffins, GF Toast, Blueberry  
Udis Bagel

### TOO MANY "DECISIONS" GREEK YOGURT PARFAIT STATION

Blueberries, Blackberries, Raspberries, Strawberries, Dried Pineapple, Bananas, and Mango,  
Cranberries, Apples, Berry Blend, House Made Jams, House Granola, Wheat Germ, Candied  
Pecans, Sliced Almonds, Local Honey, Seeds

### CHEF-CRAFTED OMELET STATION

Eggs cooked to Order  
Whole Eggs, Egg Beaters, Egg Whites  
Ham, Sausage, Bacon  
Peppers, Tomatoes, Spinach, Mushroom, Onions, Cheddar, Mozzarella

Freshly Squeezed Orange Juice,  
Grapefruit Juice, Apple Juice,  
Freshly Brewed Coffee, Decaffeinated Coffee, Select  
Teas, Soft Drinks

## BLOODY MARY & PROSECCO BAR

(not included in buffet price)

Regular and Spicy Bloody Mary Mix | Celery Sticks, Fresh  
Horseradish, House Made Pickles, Pickled Green Beans, Candied  
Bacon, Assorted Olives, Lemon, Limes  
Pomegranate, Pear, Cranberry, Mango Orange

**THE WESTIN**  
HILTON HEAD ISLAND  
RESORT & SPA

