



# IN-ROOM DINING

Maintain a healthy lifestyle on the road with our nutrient-rich and delicious SuperFoodsRx™ dishes.

# SUPERFOODS



## APPLES

Bursting with antioxidants, including polyphenols, flavonoids and vitamin C

## AVOCADO

High in fiber, folate, potassium, vitamin E and magnesium

## BEANS

Low-fat source of protein, fiber, B vitamins, iron, folate and magnesium

## BLUEBERRIES

Packed with exceptionally high levels of antioxidant phytonutrients

## BROCCOLI

Generous amounts of fiber, vitamins B<sub>6</sub>, C and E and a healthy portion of vitamin K

## CINNAMON

One of the oldest known spices, long used in traditional medicine

## DARK CHOCOLATE

Provides antioxidant flavonols

## DRIED SUPER FRUITS

Concentrated source of health-promoting nutrients

## EXTRA-VIRGIN OLIVE OIL

Great source of vitamin E

## GARLIC

Nutrient rich, including vitamins B<sub>6</sub> and C, phosphorous, zinc and selenium

## HONEY

Antioxidant activity stems from peptides, organic acids and enzymes

## KIWI

Offers vitamin C, folate, potassium and fiber and is a low-calorie source of vitamin E

## LOW-FAT YOGURT

Includes live, active cultures; protein; calcium and B vitamins

## OATS

Low in calories, high in fiber, protein, magnesium, potassium, zinc and copper

## ONIONS

Rich dietary source of flavonoids and phytonutrients

## ORANGES

A potent source of vitamin C and rich in flavonoids

## POMEGRANATES

Abundant in potassium, vitamin C, polyphenols and vitamin B<sub>6</sub>

## PUMPKIN

Low in calories and extremely high in fiber, vitamins C and E and carotenoids

## SOY

Great source of vitamins, minerals, plant protein and soluble fiber

## SPINACH

Contains iron, antioxidants, vitamin K, coenzyme Q<sub>10</sub> and omega-3 fatty acids

## TEA

Brimming with antioxidants and important vitamins and minerals

## TOMATOES

Supply fiber and are a rich source of the antioxidant lycopene

## TURKEY

One of the leanest meat protein sources, also contains vitamins B<sub>6</sub> and B<sub>12</sub> and zinc

## WALNUTS

Provide fiber, protein, B vitamins, magnesium and antioxidant vitamin E

## WILD SALMON

High in protein, and one of the richest sources of omega-3 fatty acids



# BREAKFAST

Available from 6:00 a.m. to 11:00 a.m.\*

Touch Service Express®

## FRUITS, JUICES & YOGURTS

Selection of orange, grapefruit, cranberry

or apple juice 6.00

Tomato, V8 or pineapple juice 6.00

Seasonal melon or half grapefruit 6.00

Seasonal fruit plate with yogurt and  
banana bread 11.00

Nonfat or regular yogurt 5.00

Sliced bananas or berries in season 6.00

## WESTIN FRESH BY THE JUICERY

*Westin Fresh by The Juicery offers a menu of nourishing,  
revitalizing juices and smoothies curated by the experts  
at The Juicery.*

Cucumber, spinach, romaine, lemon, basil, coconut  
water juice 8.00

Carrot, orange, ginger, turmeric, mango juice 8.00

Kale, spinach, banana, mango, cinnamon  
smoothie 8.00

Blueberries, spinach, chia seeds, avocado, almond milk  
smoothie 8.00

## CEREALS

Raisin Bran, Corn Flakes, Rice Krispies,  
Special K, Lucky Charms, Cheerios or Granola with  
choice of Milk ( Regular, non-fat, 2% or Soy) 8.00

Hot oatmeal with raisins and brown sugar 8.00

15% gratuity and sales tax will be added to your order.

\*Enjoy breakfast longer on weekends - turn to our Westin Weekend Breakfast Menu page for details.

Consuming raw or uncooked meats, seafood, shellfish or eggs may increase your risk of food-borne illness.

## BREADS & PASTRIES

*Served with butter and fruit preserves*

Danish pastries, croissants, fruit or bran muffins,  
banana bread or toasted bagel and  
cream cheese 5.00

Multi-grain, rye, white, sourdough bread  
or English muffin 5.00

## SIDE ORDERS

Canadian bacon, bacon, country-cured  
ham, turkey sausage or link sausage 6.00

Sliced avocado, tomato or cottage cheese 5.00

2 eggs a la carte 8.00

Hashbrowns 6.00

## COFFEE & TEA

FRESHLY BREWED STARBUCKS® BLEND COFFEE

*Regular or decaffeinated*

Small pot (3 cups) 8.00

Large pot (6 cups) 11.00

Espresso, cappuccino or latte 5.00

ASSORTED TAZO TEAS

Awake, Earl Grey, Zen, Passion (Decaf), Calm (Decaf),

Wild Sweet Orange (Decaf) 5.00

Glass of Milk (Regular, non-fat, 2% or Soy) 4.00

All prices in U.S. dollars.

# BREAKFAST

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Touch Service Express®

## THE DELUXE CONTINENTAL

Choice of freshly squeezed orange, grapefruit or apple juice, fresh fruit plate, choice of pastry served with butter and fruit preserves and freshly brewed coffee or tea 16.00

## BUTTERMILK PANCAKES

Served with maple syrup, butter, powdered sugar, strawberry ginger compote 16.00

## SALMON BENEDICT

Two poached eggs and grilled salmon on toasted English muffin, with classic hollandaise sauce, spinach and country style potatoes 18.00

## APPLE-GINGER FRENCH TOAST

Granny smith apples, brown sugar, vanilla creme fraiche and ginger syrup 16.00

## BLUEBERRY ORANGE GRANOLA PANCAKES

Citrus berry salad, maple syrup and whipped butter 14.00

## DELI-STYLE LOX AND BAGEL

Tomato, red onion, boiled egg, capers, olive oil, toasted bagel and cream cheese 20.00

## EGG WHITE SCRAMBLED GRILLED

### CHICKEN PANINI

Pepper jack cheese, whole wheat bread, tomato and arugula 14.00

## AMERICAN BREAKFAST

Two eggs with a choice of sausage, bacon, ham, or turkey sausage 18.00  
With 6-ounce New York strip steak 25.00

## EGG WHITE OMELET WITH BROCCOLI AND CHEDDAR

Sharp farmhouse cheddar, heirloom tomatoes, baby greens and whole grain toast 16.00

## HEALTHY OMELET

Egg whites, spinach, tomatoes, mushrooms, seasonal fruit and choice of toast 16.00

## MARKET OMELET

Build your own (Choose 3 items) peppers, ham, bacon, spanish chorizo, avocado, onions, tomato, spinach, edamame, cheddar, gruyere, chevre served with mixed greens and toast 16.00

## BANANA NUT WAFFLES

Market berry & fig compote, whipped mascarpone, vermont maple syrup 14.00

 SuperFoodsRx™ dishes specifically pair whole foods to boost their nutritional benefits and their flavors. Antioxidant-rich and naturally low in calories, SuperFoods are known to improve well-being and longevity. 15% gratuity and sales tax, will be added to your order.

\*Enjoy breakfast longer on weekends - turn to our Westin Weekend Breakfast Menu page for details.

Consuming raw or undercooked meats, seafood, shellfish or eggs may increase your risk of food-borne illness.

All prices in U.S. dollars.

# BREAKFAST

Available from 6:00 a.m. to 11:00 a.m.\*

Touch Service Express®

## EGGS BENEDICT

Two poached eggs and Canadian bacon on toasted English muffin, country style potatoes with classic hollandaise sauce 18.00

## HUEVOS RANCHEROS

Two eggs over easy, chorizo, refried beans, queso fresco, roasted chipotle salsa and country style potatoes 16.00

## BERRY, APPLE AND GRANOLA MUESLI SuperFoodsRx™

Low-fat vanilla yogurt, banana, walnuts, pomegranate essence 9.00

## BLUEBERRY ORANGE PROTEIN SMOOTHIE SuperFoodsRx™

Immune-boosting blend, with banana and soy milk 9.00

## PARFAIT SuperFoodsRx™

All natural yogurt, market berries, homemade granola, clover honey and honey comb 9.00

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# WESTIN WEEKEND BREAKFAST MENU

*Weekends last longer at Westin hotels, with extended breakfast hours.\*  
Whether you sleep in and slow down or jump-start your day with a  
Westin WORKOUT®, you can dine at your own pace.*

*For a better you.™*

BLUEBERRY ORANGE PROTEIN SMOOTHIE   
Immune-boosting blend, with banana and soy  
milk 9.00

PARFAIT   
All natural yogurt, market berries, homemade granola,  
clover honey and honey comb 9.00

EGG WHITE OMELET WITH BROCCOLI  
AND CHEDDAR   
Sharp farmhouse cheddar, heirloom tomatoes, baby  
greens and whole grain toast 16.00

EGG WHITE SCRAMBLED GRILLED  
CHICKEN PANINI   
Pepper jack cheese, whole wheat bread,  
tomato and arugula 14.00

YOGURT   
Choose from low-fat fruit, berry or Greek 5.00

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\*Extended breakfast available Saturdays and Sundays until 3:00 p.m.

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# ALL DAY DINING

Available from 11:00 a.m. to 10:30 p.m.

Touch Service Express®

## SOUP AND STARTER

### SOUP

Tomato basil bisque or daily inspired soup 8.00

### MIXED GREENS

With a choice of dressing 9

### CAPRESE SALAD

Heirloom tomatoes, fresh mozzarella, basil, arugula, extra virgin olive oil and balsamic vinegar 12.00

### CRAB CAKE

Blue crab, apple coriander puree, celery, celeriac and endive 12.00

### CHICKEN WINGS

Harissa wings with parsley 12.00

### QUESADILLA

Pecorino cheese, pepper jack and side of sour cream, pico de gallo and guacamole 12.00

with chicken 14.00 with tenderloin asada 15.00

### SOPES

Traditional mexican corn cakes with black beans, tenderloin asada, cabbage, queso fresco and salsa 12

### CALAMARI

Fried calamari with spicy remoulade 12

## SALADS

### CHIPOTLE SHRIMP SALAD

Grilled chipotle shrimp, romaine, cherry tomatoes, red onions, avocado, cilantro and lemon vinaigrette 19.00

### CAESAR SALAD

Romaine, grana padano cheese, crisp bread and caesar dressing with a choice of chicken, salmon or shrimp 18.00

### CHOPPED CHICKEN SALAD

Romaine, bacon, avocado, egg, bleu cheese, balsamic onions, sherry vinaigrette 18.00

### CHINESE CHICKEN SALAD

Chicken, green cabbage, napa cabbage, cilantro mandarin slices and wontons 18.00

## FLAT BREAD PIZZA

### CUSTOM PIZZA

Choice of three of the following: pepperoni, bell peppers, sausage, bacon, tomatoes, olives, mushrooms, ham, jalapenos or pineapple 15.00

### MARGHERITA PIZZA

Fresh burrata and shredded mozzarella cheese, roasted tomatoes, basil 14.00

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# ALL-DAY DINING

Available from 11:00 a.m. to 10:30 p.m.

Touch Service Express®

## SANDWICHES

All sandwiches are served with choice of French fries, potato chips, soup or fresh fruit.

### GRILL BURGER

1/2 lb Angus beef patty, red onions, cheddar or swiss cheese, lettuce and tomato on a brioche bun 15.00

### ALL-NATURAL TURKEY BLT

Sliced turkey breast, tomato, bacon, lettuce with lemon mustard aioli on ciabatta bread 14.00

### CHICKEN PANINI

Grilled chicken, roasted tomatoes, pesto and parmesan on asiago cheese bread 14.00

### MARKET VEGETABLE WRAP

Spinach, portobello mushroom, red peppers, tomato, asparagus, arugula and mozzarella wrapped in a whole wheat tortilla 14.00

### FRENCH DIP

Roasted sliced rib eye, swiss cheese and au-jus on ciabatta bread 15.00

### GRILL CHEESE

Cheddar and manchego cheese on asiago bread 14.00

## ENTRÉES

### SALMON

Jasmine rice with mango & avocado salsa 26.00

### GRILLED NY STRIP STEAK

Potatoes, pearl onions, baby carrots, wild mushrooms and veal jus 40.00

### CHICKEN LINGUINI

Roasted tomatoes, garlic, shallots, artichoke hearts, bacon, white wine, butter and basil 19.00

### CHICKEN MILANESE

With mushroom risotto 24.00

### WHOLE WHEAT SPAGHETTI WITH SPINACH

Spinach, portobello mushrooms, edamame, broccoli, tomatoes, basil and parmesan cheese in a tomato sauce 19.00

### SHRIMP & MUSSELS

Kaffir coconut, red curry and coriander sauce with basmati rice 26.00

### ENCHILADAS SUIZAS

Chicken, salsa verde, asiago cheese with cilantro rice and black beans 16.00

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# ALL DAY DINING

Available from 11:00 a.m. to 10:30 p.m.

Touch Service Express®

## SIDES

GARLIC PARMESAN FRENCH FRIES 8.00

JASMINE RICE 8.00

ASPARAGUS  9.00

## DESSERTS

HÄAGEN-DAZS® ICE CREAM

Choice of three scoops of the following: vanilla bean, strawberry or dutch chocolate 8.00

BERRIES OF THE SEASON  8.00

CHOCOLATE MOLTEN

Chocolate cake served warm with a molten chocolate center topped with vanilla ice cream and berry sauce 9.00

WARM APPLE TART

Apple tart served warm on a bed of cinammon topped with a scoop of vanilla ice cream 9.00

## BEVERAGES

Apple, cranberry, tomato, V8, pineapple, orange or grapefruit juice 6.00

FRESHLY BREWED STARBUCKS® BLEND COFFEE

*Regular or decaffeinated*

Small pot (3 cups) 8.00

Large pot (6 cups) 11.00

Espresso 5.00

Cappuccino 5.00

Cafe latte 5.00

MILK

Whole, 2%, non-fat, soy or chocolate 4.00

SODA

Coke, diet Coke, sprite or root beer 4.00

TAZO TEAS

Awake, Earl Grey, Zen, Passion (Decaf), Calm (Decaf), Wild Sweet Orange (Decaf) 5.00

Iced tea or lemonade 4.00

BOTTLED WATER

Small pellegrino or panna 5.00

Large pellegrino or panna 8.00

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# LATE NIGHT

Available from 10:30 p.m. to 6:00 a.m.

Touch Service Express®

## SOUP AND STARTER

### SOUP

tomato basil bisque 8.00

### CAESAR SALAD

Diced Chicken, romaine, grana padano cheese, crisp bread and caesar dressing 18.00

### CHOPPED CHICKEN SALAD

Romaine, bacon, avocado, egg, bleu cheese, balsamic onions, sherry vinaigrette 18.00

### BOWL OF FRESH FRUIT

Melons, lime, mint and basil 8.00

### CEREAL

Raisin Bran, Corn Flakes, Rice Krispies, Special K, Lucky Charms, or Cheerios 8.00

## SANDWICHES AND HOT ITEMS

*All sandwiches served with potato chips*

### ALL-NATURAL TURKEY BLT

Sliced turkey breast, tomato, bacon, lettuce with lemon mustard aioli on ciabatta bread 14.00

### MARKET VEGETABLE WRAP

Spinach, portobello mushroom, red peppers, tomato, asparagus, arugula and mozzarella wrapped in a whole wheat tortilla 14.00

### CHICKEN PANINI

Grilled chicken, roasted tomatoes, pesto and parmesan on asiago cheese bread 14.00

### PENNE BOLOGNESE

Penne pasta in a meat bolognese sauce with grana padano 20.00

## DESSERTS

### CHOCOLATE MOLTEN

Chocolate cake served warm with a molten chocolate center topped with vanilla ice cream and berry sauce 9.00

### BERRIES OF THE SEASON 8.00

### RED BERRY OPERA

Red berry sponge cake with strawberry coulis, wafer cookie and mint 9.00

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# THE WESTIN® EAT WELL MENU FOR KIDS

Discover kids' meals that are as delicious as they are nutritious with the Westin Eat Well Menu for Kids, developed with SuperChefs™ to make kids and parents happy.

Touch Service Express®

## BREAKFAST

Available from 6:00 a.m. to 11:00 a.m.

### BLUEBERRY & BANANA

#### PANCAKE LOLLIPOPS

Banana and blueberries cooked into pancake and served with low-fat yogurt, fruit salad and syrup 10.00

### BABY SPINACH & CHEESE OMELETTE

Served with fruit salad 10.00

### BUILD YOUR GRANOLA PARFAIT

Low-fat vanilla Greek yogurt, granola, strawberries and blueberries 8.00

## LUNCH OR DINNER

Available from 11:00 a.m. to 10:30 p.m.

### TUNA SALAD SANDWICH

Served on whole wheat bread with lettuce and tomato 8.00

### DR. GREG'S DECONSTRUCTED CAESAR SALAD

Grilled chicken, greens, parmesan crisp, croutons, bacon bits and caesar dressing 8.00

### CHICKEN COBB SALAD

Mixed greens, chicken, egg, cheese, avocado and cherry tomatoes with low-fat dressing 10.00

### GRILLED CHICKEN WITH WHOLE WHEAT PASTA

Served with tomato sauce, broccoli and parmesan cheese 12.00

### TURKEY SLIDERS

Grilled turkey burger served with carrots, celery sticks and low-fat cranberry mayonnaise 12.00

## DESSERT

### FRUIT KEBABS

Fresh fruit served with low-fat Greek yogurt and a cornbread cookie 8.00

### APPLE FRUIT SALAD

Cored apple filled with fresh fruit 8.00

## DRINKS

### STRAWBERRY YOGURT MILK SHAKE

Strawberries with low-fat vanilla Greek yogurt 6.00

### MILK

Skim, 2% or soy 4.00

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 This recipe has been created and tested in the SuperChefs kitchens by the SuperChefs kids.

15% gratuity and sales tax, will be added to your order.

All prices in U.S. dollars.

# ALCOHOLIC BEVERAGES

Available from 12:00 p.m. to 11:30 p.m.

Touch Service Express®

	GLASS	BOTTLE
<b>SPARKLING WINE</b>		
La Marca DOC, Prosecco, Split 187ml Italy		10.00
Chandon, Brut Classic California		32.00
Piper-Heidsieck, Brut France		56.00
Moët & Chandon Imperial France		72.00

## RED WINE

Ravenswood, Zinfandel California	9.00	34.00
Thorny Rose, Blend Washington	8.00	32.00
Canyon Road, Pinot Noir California	8.00	32.00
Erath, Pinot Noir Oregon	12.00	42.00
Canyon Road, Merlot California	8.00	32.00
Chateau St. Jean, Merlot California	9.00	36.00
Canyon Road, Cab. Sauv. California	8.00	30.00
Louis M. Martini, Cab. Sauv. California	12.00	44.00
Oberon, Cab. Sauv. Napa County, California,	12.00	46.00

## WHITE WINE

	GLASS	BOTTLE
Canyon Road, Chardonnay California	7.00	25.00
Wente "Morning Fog", Chardonnay Washington	8.00	36.00
Kendell-Jackson, Vintners, Chardonnay California	12.00	46.00
Beringer, White Zinfandel California	8.00	30.00
Chateau Ste. Michelle, Riesling Washington	9.00	32.00
Maso Canali DOC, Pinot Grigio Italy	10.00	38.00
Stellina Di Notte, Pinot Grigio Italy	9.00	32.00
Rodney Strong, Sauvignon Blanc California	8.00	32.00

## BEER

Budweiser		7.00
Bud Light		7.00
Corona		7.00
Heineken		7.00
Amstel Light		7.00
Coors Light		7.00
Miller Light		7.00
MGD		7.00
St. Pauli N.A.		7.00

15% gratuity and sales tax, will be added to your order.

Responsibility matters. Must be of legal drinking age or older to purchase and/or consume alcohol.

Vintages are subject to change; please ask your server when making your selection.

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