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# Energize with SuperFoodsRx™ dishes made with ingredients packed with nutrients to power your day.



## **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 B6, 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 B6 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 B6

## **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 Q10 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 B6 and B12 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



Indicates SuperFoodsRx™ dishes, which 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.



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

# Breakfast

Available from 6:00 a.m. to 11:30 a.m.\* Touch Service Express®

## Entrées


**FRENCH TOAST** 15.00 **GF**  
Mixed berry sauté. Also available in gluten-free

**AMERICAN BREAKFAST\*** 16.00  
Organic eggs done your way, crispy hash browns, choice of grilled ham, bacon or sausage and toast or English muffin

**ALMOND STEEL-CUT OATMEAL** 9.00  
Toasted almonds, dried fruit and honey drizzle 

**CRABBY EGGS BENEDICT** 17.00  
Two poached eggs and Dungeness crab cakes on toasted English muffin, with classic hollandaise sauce

**EGGS BENEDICT\*** 15.00  
Two poached eggs and Canadian bacon on toasted English muffin, with classic hollandaise sauce

**YOGURT AND GRANOLA PANCAKES** 15.00  
Mixed berries, whipped butter and maple syrup 

**BROCCOLI AND SPINACH FRITTATA** 16.00  
Fingerling potatoes and oven cured tomato 

**BUILD YOUR OWN THREE EGG OMELET** 16.00  
Your choice of three of the following add ins: ham, bacon, bell pepper, tomatoes, onions, mushrooms, Swiss cheese, cheddar cheese  
Additional add ins 1.00

## Breads + Pastries

NY Style bagel with Philadelphia® cream cheese 6.00

Freshly baked pastry basket with butter and fruit preserves 8.00

**BREAD AND ENGLISH MUFFIN** 5.00  
Choose from white, wheat, sourdough, rye or English muffin

## Side Orders

Smoked bacon, grilled ham, sausage links or turkey sausage 6.00  
Crispy hash brown potatoes 5.00

## 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.

Beet, carrot, kale, apple, lemon, ginger 6.00 

Watermelon, basil 6.00 

Orange, grapefruit, lemon, lime 6.00

Kale, spinach, banana, mango, cinnamon 6.00

## Fruits, Juices + Yogurts

Orange, grapefruit, apple, cranberry, tomato 6.00

Regular, non-fat, 2%, chocolate, soy or almond milk 5.00 

House-made yogurt parfait   
Seasonal berries with Bear Naked® granola 8.00

NON-FAT OR FRUIT GREEK YOGURT 6.00 

MARKET FRESH FRUIT AND BERRIES 12.00 

## Cereals

Choose from a variety, including gluten-free 5.00

## Coffee + Tea

Freshly brewed Starbucks® blend Coffee  
Regular or Decaffeinated  
Small pot (3 cups) 8.00  
Large pot (6 cups) 12.00

Espresso 6.00

Cappuccino 7.00

Cafe Latte 7.00

**ASSORTED TAZO TEAS** 5.00  
Regular or decaffeinated

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

A delivery charge of \$4, plus 22% gratuity and sales tax, will be added.

\*These items may be served raw or undercooked, or contain raw or undercooked ingredients.

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

# 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 WestinWORKOUT<sup>®</sup>, you can dine at your own pace.

## **KALE, SPINACH, BANANA, MANGO, CINNAMON**

### **SMOOTHIE** 6.00

Blended with almond milk 

## **YOGURT AND GRANOLA PANCAKES** 15.00

Mixed berries, whipped butter and maple syrup



## **BROCCOLI AND SPINACH FRITTATA** 16.00

Fingerling potatoes and oven cured tomato 

## **AMERICAN BREAKFAST\*** 16.00

Organic eggs done your way, crispy hash browns, choice of grilled ham, bacon, or sausage and toast or English muffin

## **HOUSE-MADE YOGURT PARFAIT** 8.00

Seasonal berries with Bear Naked<sup>®</sup> granola 

# 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<sup>™</sup> to make kids and parents happy. Touch Service Express<sup>®</sup>

## Breakfast

Available from 6:00 a.m. to 11:30 a.m.

### **BLUEBERRY BANANA PANCAKES\*** 8.00

Served with low-fat yogurt, fruit salad and syrup



### **BABY SPINACH & CHEESE OMELET\*** 8.00

Served with fruit salad 

### **EGG & CHEESE QUESADILLA\*** 8.00

Two eggs, corn tortilla, cheese and pico de gallo



### **BREAKFAST CEREAL** 5.00

Served with seasonal fruit and milk, choose from a variety of options, including gluten-free

## Lunch or Dinner

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


### **CHICKEN STIR FRY** 9.00

Brown rice and farmer's market vegetables

### **TUNA SALAD SANDWICH** 9.00

Served on whole wheat bread with lettuce and tomato


### **TURKEY AND GRILLED CHEESE\*** 9.00

Grilled low-sodium turkey and cheddar cheese on whole grain bread served with popcorn and apple wedges 

### **CHICKEN QUESADILLA** 9.00

Served with black beans, rice and pico de gallo

### **BAKED CHICKEN TENDERS** 9.00

Corn flake breaded and baked chicken tenders, carrot and celery sticks and low-fat ranch dressing 

### **PITA CHIPS + VEGETABLES** 8.00

Served with hummus and low-fat yogurt dip

 Indicates SuperFoodsRx<sup>™</sup> dishes, which 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.

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

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# Eat Well Menu for Kids

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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®

## Dessert

### HÄAGEN DAZS® ICE CREAM 5.00

Choose from vanilla, chocolate, strawberry or dulce de leche

### FRUIT KEBABS 6.00

Fresh fruit skewers, low-fat Greek yogurt, cornbread cookie 

## Drinks

### PINEAPPLE STRAWBERRY SMOOTHIE 5.00

Made with almond milk 

### FRUIT SMOOTHIE 5.00

Strawberries, blueberries and bananas blended with orange juice and honey 

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# All-Day Dining

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Available from 11:30 a.m. to 11:00 p.m. Touch Service Express®

## Salads

### HEIRLOOM TOMATO WATERMELON 12.00

Extra Virgin olive oil, feta cheese, torn mint   
**GF**

### HOT SMOKED SALMON 14.00

Mesclun greens, pomegranate vinaigrette 

### ROASTED CHICKEN COBB SALAD\* 19.00

Smoked bacon, chopped egg, avocado, crumbled bleu cheese, tomato and balsamic vinaigrette **GF**

### HEARTS OF ROMAINE CAESAR SALAD\* 13.00

Shaved parmesan, crunchy croutons, tomato

## Starters


### PAN SEARED CRAB CAKES 18.00

Dungeness crabmeat, lemon aioli, chipotle crema, frisee and tomato


### ARTISAN CHEESES 15.00

Locally sourced cheese, honey comb, nuts, fruit and jam

### SMOKED JALAPENO RUBBED SALMON TACOS 13.00

Apple cucumber radish slaw, queso fresco, chipotle Greek yogurt 

### CHIPOTLE CHICKEN TACOS 13.00

Jack cheese, roasted red pepper, chipotle aioli, guacamole, pico de gallo 

### SOUP OF THE DAY 9.00

Please inquire for today's preparation

### TORTILLA CHIPS, SALSA AND GUACAMOLE 9.00

Corn chips with house-made salsa and guacamole

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A delivery charge of \$4, plus 22% gratuity and sales tax, will be added.

\*These items may be served raw or undercooked, or contain raw or undercooked ingredients.

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

# All-Day Dining

Available from 11:30 a.m. to 11:00 p.m. Touch Service Express®

## Entrées


### HOISIN GLAZED SALMON 28.00

Edamame and vegetable fried brown rice, garlic spinach, pickled red onion

### STEAK AND POTATOES\* 36.00

Locally sourced NY steak, lemon garlic butter, whipped Yukon gold potatoes and grilled asparagus

### STIR-FRIED VEGETABLES WITH BROWN RICE 19.00

Soy-glazed tofu, edamame, market vegetables and fried egg  **GF**

### GRILLED CHICKEN BREAST 25.00

Creamy white beans, kale, shiitake mushroom, chicken demi-glace 

### ALL NATURAL ROASTED TURKEY BLT 16.00

Lemon mustard aioli on toasted whole grain bread served with arugula salad 

### FLAME GRILLED BURGER 18.00

Lean ground beef with white cheddar cheese, IPA tomato jam, onion, lettuce and tomato, choice of sea-salted French fries or arugula salad  
Add crisp bacon, avocado or fried egg 2.00

### STONE-FIRED PIZZA 19.00

Choose three toppings: pepperoni, Italian sausage, bacon, caramelized onion, fresh mozzarella, tomatoes, mushrooms, peppers

### CUBANO 16.00

Cured ham, pulled pork, Swiss cheese, pickle and spicy mustard on a pressed crusty batard, choice of sea-salted French fries or arugula salad

### CRISPY CHICKEN WINGS 15.00

Eight crispy wings tossed in one of the following sauces, Buffalo, chipotle lemon honey butter or hoisin bbq, served with celery and carrots, ranch or bleu cheese

## Side Orders

### BROWN RICE AND SAUTEED VEGETABLES 6.00

Brown rice with sautéed asparagus, mushroom and oven cured tomato

### FIELD GREEN SALAD 9.00

Choice of balsamic vinaigrette, buttermilk ranch, blue cheese or herb vinaigrette

### WHIPPED YUKON GOLD POTATOES 6.00

### SEA-SALTED FRENCH FRIES 6.00

### GRILLED OR STEAMED ASPARAGUS 6.00

### SIX OUNCE ROASTED CHICKEN BREAST 10.00

### SIX OUNCE SALMON FILLET 14.00

### NINE OUNCE NY STRIP STEAK 24.00

## Desserts

### FLOURLESS CHOCOLATE TORTE 9.00

Raspberry sauce

### BANANAS FOSTER TART 9.00

Vanilla custard, caramelized banana

### STRAWBERRY SHORTCAKE 9.00

Strawberry mousse, chocolate crumble

### HÅAGEN DAZS® ICE CREAM 7.00

Choose from vanilla, chocolate, strawberry or dulce de leche

## Beverages

### SODAS 4.00

Various Pepsi™ products

### FRESHLY BREWED STARBUCKS® BLEND COFFEE

Regular or Decaffeinated

Small pot (3 cups) 8.00

Large pot (6 cups) 12.00

Espresso 6.00

Cappuccino 7.00

Cafe Latte 7.00

### ASSORTED TAZO TEAS 5.00

Regular or decaffeinated

### MILK 5.00

Regular, non-fat, 2%, chocolate, soy or almond

 Indicates SuperFoodsRx™ dishes, which 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.

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

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# Late Night Dining

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Available from 11:00 p.m. to 6:00 a.m. Touch Service Express®

**FIELD GREEN SALAD** 9.00

Choice of balsamic vinaigrette, buttermilk ranch, blue cheese or herb vinaigrette

**SOUP OF THE DAY** 9.00

Please inquire for today's preparation

**MARKET FRESH FRUITS AND BERRIES** 12.00

A bountiful selection of the season's best 

**FLAME GRILLED BURGER \*** 18.00

Lean ground beef with white cheddar cheese, IPA tomato jam, onion, lettuce and tomato, choice of sea-salted French fries or arugula salad

Add crisp bacon, avocado or fried egg 2.00

**STONE-FIRED PIZZA** 19.00

Choose three toppings: pepperoni, Italian sausage, bacon, caramelized onion, fresh mozzarella, tomatoes, mushrooms, peppers

**AMERICAN BREAKFAST\*** 16.00

Organic eggs done your way, crispy hash browns, choice of grilled ham, bacon or sausage and toast or English muffin

**CRISPY CHICKEN WINGS** 15.00

Eight crispy wings tossed in one of the following sauces, Buffalo, chipotle lemon honey butter or hoisin bbq, served with celery and carrots, ranch or bleu cheese

**HEARTS OF ROMAINE CAESAR SALAD\*** 13.00

Shaved parmesan, crunchy croutons, tomato  
Add six ounce chicken breast 23  
Add six ounce salmon filet 27

**ALL NATURAL TURKEY BLT** 16.00

Lemon mustard aioli on toasted whole grain bread served with arugula salad 

**CUBANO** 16.00

Cured ham, pulled pork, Swiss cheese, pickle and spicy mustard on a pressed crusty batard, choice of sea-salted French fries or arugula salad

**CEREALS** 5.00

Choose from a variety, including gluten-free

## Dessert

**FLOURLESS CHOCOLATE TORTE** 9.00

Raspberry sauce

**NON-FAT OR FRUIT GREEK YOGURT**  6.00

**HÄAGEN DAZS® ICE CREAM** 7.00

Choose from vanilla, chocolate, strawberry or dulce de leche

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

A delivery charge of \$4, plus 22% gratuity and sales tax, will be added.

\*These items may be served raw or undercooked, or contain raw or undercooked ingredients.

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# Alcoholic Beverages

Available from 7:00 a.m. to 1:00 a.m. Touch Service Express®

## Red Wines

- THE FEDERALIST** 13.00 49.00  
Cabernet Sauvignon, California
- NAPA VALLEY QUILT** 18.00 65.00  
Cabernet Sauvignon, California
- ACROBAT** 13.00 49.00  
Pinot Noir, Oregon
- MACMURRAY** 11.00 42.00  
Pinot Noir, California
- TOAD HOLLOW VINEYARDS** 12.00 46.00  
"Richard McDowell Selection"  
Merlot, California
- INFINITE MONKEY** 12.00 46.00  
"Blind Watchmaker Red Blend"  
Colorado
- FINCA DECERO** 12.00 46.00  
Malbec, Argentina
- STAG'S LEAP** 95.00  
Merlot, California
- SILVER OAK** 145.00  
Cabernet Sauvignon, California

## Reds by the 1/2 Bottle

- HAHN** 24.00  
Cabernet Sauvignon, California
- ALEXANDER VALLEY VINEYARDS** 31.00  
Cabernet Sauvignon, California
- LA CREMA** 34.00  
Pinot Noir, California

## White Wines

- THE HESS COLLECTION** 11.00 42.00  
"Shirttail Ranches"  
Chardonnay, California
- CHATEAU STE. MICHELLE** 13.00 49.00  
"Indian Wells"  
Chardonnay, Washington
- BOLLINI** 11.00 42.00  
Pinot Grigio, Italy
- LOVEBLOCK BY KIM CRAWFORD** 12.00 46.00  
Sauvignon Blanc, New Zealand
- MATANZAS CREEK** 13.00 49.00  
Sauvignon Blanc, California
- INFINITE MONKEY** 12.00 46.00  
Riesling, Colorado
- FLEUR DE MERE** 11.00 42.00  
Rose, France
- MINER FAMILY WINERY** 87.00  
Chardonnay, California
- DUCKHORN** 90.00  
Sauvignon Blanc, California

## Whites by the 1/2 Bottle

- KIM CRAWFORD** 24.00  
Sauvignon Blanc, New Zealand
- KENWOOD VINEYARDS** 24.00  
Chardonnay, California
- ALEXANDER VALLEY VINEYARDS** 30.00  
Chardonnay, California

## Sparkling Wine

- CHANDON BRUT CLASSIC** 14.00 55.00  
Sparkling, California
- MIONETTO** 11.00 42.00  
Prosecco, Italy
- MOET CHANDON** 121.00  
Champagne, France
- DOM PERIGNON** 350.00  
Champagne, France

## Beer

- DOMESTIC BEER** 6.00  
Coors, Coors Light, Bud Light  
Budweiser, O'doul's
- PREMIUM BEER** 7.00  
Blue Moon, Sam Adams Boston  
Lager, Michelob Ultra, Corona,  
Corona Light,  
Heineken, Modelo Especial  
Stella Artois
- LOCAL CRAFT BEERS** 7.00  
Please inquire for latest  
selection of local and seasonal  
brews.

## Spirits

Premium Spirits available by glass or bottle, please inquire with service express.

Additional bottles of wine and beer available on request. Other spirits by the bottle available on request. A delivery charge of \$4, plus 22% gratuity and sales tax, will be added.

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.