


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.


SuperFoods

blueberries	tomatoes	yogurt
pomegranate	soy	salmon
oranges	broccoli	spinach
apples	nuts	tea
cinnamon	oats	

invigorate

steel-cut cinnamon-scented oatmeal
sliced banana, pecans and honey drizzle 9.50 

whole grain cereal or
crunchy all natural granola
seasonal berries or sliced banana 8.50

market fresh fruit and berries 
a bountiful selection of the season's best 11.50


berry, apple and granola muesli 
low-fat vanilla yogurt, banana, walnuts,
pomegranate essence 11.50

indulge

grilled ham and eggs*
organic eggs done your way, crisp hash browns
and choice of toast (change to bacon or sausage,
if you'd like) 14.00

whipped egg whites omelet
with broccoli and cheddar 
crisp hash browns or field greens 14.50

organic farmed egg omelet
three eggs, ham, spinach, tomato, white cheddar
crisp hash brown potatoes or field greens 14.50


blueberry and orange granola pancakes 
citrus berry salad, maple syrup and whipped butter 15.50

options

bagel with Philadelphia®
cream cheese 5.50

bowl of field-grown berries 
a bright mix of the season's best 7.50

freshly baked pastry basket
butter and preserves 7.00

low-fat yogurt 
choose from fruit, berry or plain 6.50

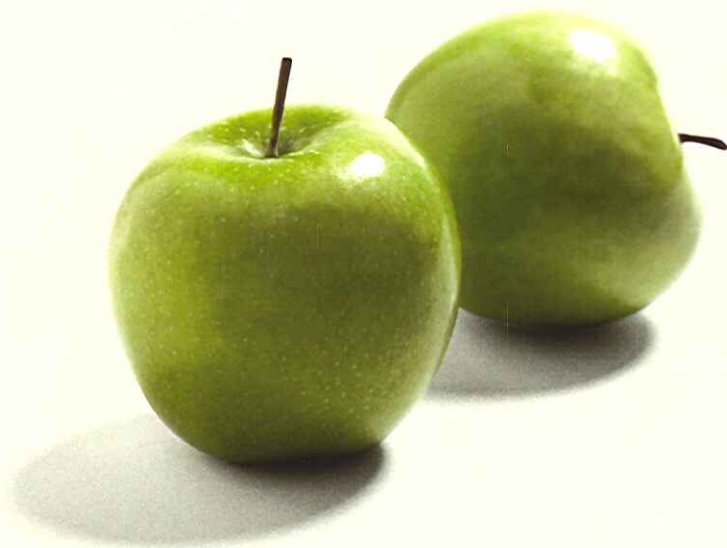
energize

freshly brewed Starbucks® coffee
regular or decaffeinated 5.00


assorted Tazo® teas 5.00

juice
orange , grapefruit, apple,
cranberry, or tomato 5.00

milk
non-fat, 2%, soy , or chocolate 3.50



*consuming raw or undercooked meats, seafood, shellfish, or eggs may increase your risk of foodborne illness.

 "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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WESTIN
HOTELS & RESORTS


feed the body, nourish the soul

our SuperFoods menu features revitalizing dishes made from healthy ingredients rich in nutrients, antioxidants and delicious taste so you feel energized and at your best all day.


SuperFoods

tomatoes	turkey	onions	oats
soy	broccoli	olive oil	yogurt
avocado	garlic	nuts	salmon
honey	spinach	beans	

begin

rich old-fashioned tomato soup 
greek yogurt, torn basil 7.50

confetti of local field greens 
fennel, mint, chives and basil blended
with honey-grapefruit vinaigrette 9.50

beefsteak tomato caprese salad 
fresh mozzarella, arugula, extra virgin olive oil 9.50

crisp firecracker calamari
calamata olive and roasted garlic dip 12.50

skillet seared pot stickers
vegetable gyoza, edamame-mint aioli,
soy-ginger dipping sauce 13.50

favorites

served with a choice of sea-salted
french fries or arugula salad

flame-grilled bacon burger*
ground chuck with cheddar or swiss,
onion, tomato and iceberg 16.50

crisp all natural roasted turkey blt 
lemon-mustard aioli on whole grain toast 16.50

roasted chicken sourdough panini
onion-tomato jam, white cheddar, arugula,
and rosemary aioli 15.00

greens

hearts of romaine caesar
shaved parmesan, crunchy focaccia croutons
freshly grilled shrimp 16.00 or chicken 17.50

california cobb with
citrus-roasted chicken
smoked bacon, chopped egg, avocado, crumbled
blue cheese, tomato, and balsamic vinaigrette 17.50

entrees

grilled lemon chicken breast
almond-raisin couscous, asparagus,
gremolata, red pepper sauce 26.50

char-grilled new york sirloin,
rosemary soffritto*
whipped yukon gold potatoes and
lemon-drizzled broccoli 36.00


broiled green tea-lacquered salmon,
shiitake essence 
pan-roasted sweet potatoes and spinach 30.50

stir fried brown rice,
sunny side organic egg* 
lime-drizzled green asparagus,
roasted garlic aioli 25.00

stone-fired pizza
choose three toppings: caramelized onions,
sausage, fresh mozzarella, parmesan,
tomatoes, basil, or arugula 19.00

finale

warm double-chocolate brownie
pecans, caramel and chocolate sauce,
vanilla ice cream 9.00


strawberry romanoff 
frozen vanilla yogurt, honey-almond brittle,
dark chocolate curls 9.00

new york style cheesecake
orange and strawberry salad 9.00

Häagen-Dazs® ice cream 7.50



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