

superfoods*

blueberries	cinnamon	broccoli	yogurt
pomegranate	turkey	avocado	salmon
oranges	tomato	nuts	spinach
apples	soy	oats	tea


bread

white, whole wheat, multigrain, sourdough


invigorate

cereals


with seasonal berries or sliced banana
raisin bran, corn flakes, rice crispies, special k
fruit loops, frosted flakes 9.00

old fashion oatmeal with banana brulee 

sliced caramelized banana and roasted pecans 9.00

crunchy all natural granola 

with seasonal berries or sliced banana 10.00

market fresh fruit & berries 

a bountiful selection of the season's best 10.00

rejuvenate

poached organic eggs benedict

toasted english muffin, grilled ham
topped with hollandaise, crisp hash browns 14.00

west coast eggs benedict 

toasted english muffin, smoked wild salmon
wilted spinach topped with hollandaise,
crisp hash browns 16.00

whipped egg white omelet 

mushroom, spinach, tomato, cheddar cheese,
crisp hash browns 14.00

indulge

buttermilk pancakes

honey mascarpone, artisan granola, peach compote 14.00

corned beef hash

poached eggs, chive crème fraiche, crisp shredded hash browns 14.00

wall centre full breakfast

two organic eggs prepared any style, crisp hash browns
your choice of sausage, bacon or grilled ham
choice of toast or breakfast pastry with preserves 16.00

organic eggs, ham & cheese omelet 

oven dried tomato, spinach, low-fat cheddar cheese
with crisp hash browns 14.00

crisp belgian waffle 

seasonal berries, whipped cream and warm maple syrup 14.00

options

bagel & cream cheese 4.00

add smoked salmon 3.00

toast basket


two slices of toast served with preserves 4.00

pastries

served with butter and fruit preserves

your choice of two:

danish, croissant, fruit-bran muffin or scone 6.00

non-fat or fruit yogurts 

choose from fruit, berry, or plain 4.00

two organic eggs

cooked any style 4.00

crisp smoked bacon

sausage or grilled ham 4.00

side of crisp hash browns 4.00

energize


freshly brewed starbucks coffee

regular or decaffeinated 3.00

assorted tazo teas 3.00


juice 

orange, grapefruit, apple
cranberry, or tomato 4.00

milk 

non-fat, 2%, soy, or chocolate 3.00

WESTIN[®]
HOTELS & RESORTS

 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 superfoodsrx: fourteen foods that will change your life. service charges and government taxes are additional. ©2009 starwood hotels & resorts worldwide, inc.

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

