

# EAT WELL

SuperFoodsRX

## SUPERFOODS\*

Powerfully paired – Our delectable Superfoods dishes pair whole foods to boost their benefits and their flavours. Antioxidant rich and naturally low in calories, our tempting selections make healthful meals impossible to resist.

### STARTERS


Daily soup or chicken coconut curry 10

Pickled red beets, pear & aged cheddar 11   
Tiny green beans, toasted almonds, champagne vinaigrette 11

Spinach, frisée & quinoa salad  
Crumbled goat cheese and lemon vinaigrette 11 

Crispy Asian vegetable dumplings  
Vegetable gyoza, sweet chili sauce, soya aioli 13


### SALADS

Micro chopped grilled chicken salad  
Romaine, kale, broccoli, beets, avocado, bacon, cheddar, egg,  
tomato, cucumber, basil vinaigrette 18 

Hearts of romaine caesar salad  
Parmesan, bacon, seasoned croutons, freshly grilled chicken or  
shrimp 18

### SANDWICHES

Canadian burger  
Ground sirloin with maple smoked bacon, aged cheddar, crispy  
onion, arugula and plum tomato 18.50

Westin traditional club with turkey and smoked  
bacon  
Multi grain toast and lemon mustard aioli 17 

Grilled chicken ciabatta  
Onion-tomato jam, white cheddar, plum tomatoes and  
arugula with rosemary aioli 17

### FAVORITES


Cheese tortellini with forest mushroom and  
chardonnay sauce  
Kale, grilled cauliflower, asparagus, red onions 24  
Add grilled chicken or shrimp 30

Smoked salmon “benedict”<sup>\*\*</sup>  
Wilted spinach, English muffin, silky hollandaise 19.50 

Daly’s whole wheat crust pizza  
Choice of 3 toppings: mushrooms, pepperoni, smoked  
bacon, tomatoes, sweet peppers, basil, spinach and  
arugula 18

Duck confit poutine  
French fries, slow cooked duck leg confit,  
cheese curds and jus 15

### FINALE

Lanark county maple crème brûlée  
Raw sugar crust and wild berry compote 10 

Double chocolate caramel brownie  
Toasted almonds, chocolate sauce and vanilla bean ice  
cream 10

Bowl of field grown berries\*  
Bright mix of the season’s best 9 


Premium ice cream  
Vanilla, chocolate or strawberry 9.50

### WESTIN WEEKEND BREAKFAST

*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™*

Kale, spinach, banana, pineapple and cinnamon  
smoothie 8 


Egg white and young spinach omelet  
With sautéed onions and low-fat cheddar cheese, mini  
tomato and arugula salad 18 

Berry, apple and granola muesli  
Low-fat yogurt, banana, walnuts, maple syrup 12 

Belgian waffle  
Seasonal berries, whipped cream and maple syrup 15

\* “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 governmental taxes are additional. ©2011 Starwood Hotels & Resorts Worldwide, Inc.

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

 We pride ourselves in providing gluten friendly menu choices. While we endeavor to carefully prepare those meals to accommodate a gluten-free diet, please be aware that they may be prepared in an environment where gluten is present. Please consult your physician as to your personal health decisions



# RESTORE BALANCE THIS MORNING

Our SuperFoods breakfast menu features revitalizing dishes made from powerhouse ingredients rich in nutrients and antioxidants and taste delicious so you can start your day feeling recharged.

## BREAKFAST TABLE

Seasonal fruits and berries, yogurt, oatmeal, whole grain cereals, all natural granola, scrambled eggs, smoked bacon, sausage links, breakfast potatoes, bakery selections, bagels with cream cheese, selection of breakfast juices, freshly brewed Starbucks® coffee, and assorted Tazo® teas 28.00 

## WESTIN FRESH BY THE JUICERY


Carrot, Ginger, Orange and Mango 8  *gf*

Strawberry, Mint, Dates and Almond Milk Smoothie 8  *gf*


Cucumber, Honeydew Melon and Cilantro 8  *gf*

Kale, Spinach, Banana, Pineapple and Cinnamon Smoothie 8  *gf*

## INVIGORATE

Market Fresh Fruit and Berries  
A bountiful selection of the season's best 12.50  *gf*

Berry, Apple and Granola Muesli  
Low-fat yogurt, banana, walnuts, maple syrup drizzle 12 


Cinnamon Scented Oatmeal  
Green apples, walnuts and honey drizzle 11 

Assorted Dry Cereal  
Raisin Bran, All Bran, Froot Loops, Cheerios, Just Right, gluten free Rice Chex or granola with seasonal berries or banana 9

## REJUVENATE

Pastel Eggs and All-Natural Turkey Omelet  
Laced with arugula, low-fat cheddar, tomato and avocado salad 18  *gf*

Smoked Salmon "Benedict"\*  
Wilted spinach, English muffin, silky hollandaise 19.50 

Blueberry-Greek Yogurt Pancakes  
Fresh berries and maple syrup 16.50 

Egg White and Young Spinach Omelet  
Folded with sautéed onions and low-fat cheddar cheese, mini tomato and arugula salad 18  *gf*

## INDULGE

Belgian Waffle  
Seasonal berries, whipped cream and maple syrup 15

Grilled Ham and Eggs\*  
Two eggs done your way, crisp hash browns your choice of ham, bacon or sausage and toast or English muffin 17

Toasted Smoked Salmon Bagel  
Bagel, chive cream cheese, tomato and avocado salad 18 

## OPTIONS

Low-Fat Yogurt  
Choice of fruit, berry or plain 7.50  *gf*

Bowl of Field Grown Berries  
A bright mix of the season's best 9  *gf*

Freshly Baked Pastry Basket  
Your choice of pastries, croissants or muffins 7

Freshly Baked Bagel  
Philadelphia® cream cheese 6

Smoked Bacon, Breakfast Sausage Links or Grilled Ham 7

Crispy Hash Brown Potatoes 6.50

Breads  
White, whole wheat or multigrain bread, English muffin or gluten free bread 4

## ENERGIZE

Juice  
Orange, Grapefruit, Cranberry, Tomato or Apple 6  *gf*

Freshly Brewed Starbucks® Coffee *gf*  
Regular or decaf 4.50

Espresso  
Single 4 Double 6

Cappuccino, Caffe Latte 5

Assorted Tazo® Teas 4.50 *gf*

Milk  
Non-fat, 2%, soy, or chocolate 5 *gf*

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