

EAT
WELL

For a better you.™

WESTIN®
HOTELS & RESORTS



IN-ROOM DINING MENU

IN-ROOM DINING

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

We welcome enquiries from customers who wish to know whether any dishes contain particular ingredients. Please inform us of any allergy or special dietary requirements that we should be made aware of, when preparing your menu request.

SUPERFOODS



APPLES

Bursting with antioxidants, including polyphenols, flavonoids and vitamin C.

AVOCADO

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

BEANS

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

BLUEBERRIES

Packed with exceptionally high levels of antioxidant phytonutrients.

BROCCOLI

Generous amount 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 flavonoids.

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.

NON-FAT YOGURT

Includes active ingredients, 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.

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.

SOY

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

WALNUTS

Provides 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 07:00 a.m. to noon.

Touch Service Express®

CONTINENTAL BREAKFAST

Fresh orange juice . Cereals: Cornflakes, All Bran, muesli with milk. Assorted baker's basket with butter, jams and honey . Coffee, tea of your choice, hot chocolate or glass of milk. 24,50

HEALTHY BREAKFAST

Fresh orange juice or fruit juices: grapefruit, tomato , pineapple, apple  or peach juice. Cereals: Cornflakes, All Bran or muesli with milk. Plain or Bio-Active yogurt. Fruit salad, whole wheat bread, unsalted margarine and sugar free jam. Coffee, tea of your choice or glass of skimmed milk. 26

AMERICAN BREAKFAST

Fresh orange juice. Assorted Baker's basket with butter, jams and honey. Two fried, boiled or scrambled eggs with bacon, sausages, grilled tomato and sautéed mushrooms or pancakes with whipped cream and syrup. Coffee, tea of your choice or glass of skimmed milk. 37

BREAKFAST OF THE WORLD

Miso or Congee soup. 12,50
Samosas. 12,50
Naan bread & Babaganoush. 12
Steamed rice. 12

Selection of cold cut meats. 24
Selection of four types of Spanish cheese. 19
Smoked Norwegian salmon.  18
Eggs of your choice. 20
Waffles. 8

EXTRA GARNISH:

Spanish cured ham (50grs). 12,40
Fried bacon. 4
Pork sausages. 5,50
French fries. 4
Tomato Provençal.  4

Muesli with low-fat yogurt, banana chips and dried fruits.  14
Pancakes with maple syrup and berries.  18
Egg white omelette with broccoli and cheddar cheese, grilled tomatoes and spring salad.  20
Eggs Benedict with grilled salmon, asparagus, tomato salad and mayonnaise made of oranges.  20
Rye bread with scrambled egg whites and grilled chicken breast.  16
All Bran, Corn Flakes, Choco Pops, Muesli clásico y avena.  8,50
Oatmeal with apple and walnuts.  14

Room Services orders will have additional charge of 5,65 per service.

*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.

 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.

Price in Euros. Vat Included.

BREAKFAST

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Touch Service Express®

FRUITS, JUICES & YOGURTS

Natural , non-fat or fruit yogurt. 6

Tomato , pineapple, peach or apple juice. 7,50

Freshly squeezed orange  or grapefruit juice. 7,50

Half grapefruit. 8

Fruit salad. 11

Assortment of berries . 8

BREADS & PASTRIES

Served with butter and fruit marmalade

Mixed basket: 2 croissants, 1 chocolate roll, 1 donut, a brioche roll and 2 rolls of your choice (white bread, whole wheat bread, olive bread). 18

CEREALS

All Bran, Corn Flakes, Choco Pops, classic Muesli and oats . 8,50

COFFEE & TEAS

Espresso, black or coffee with milk. 7,50

Cappuccino. 7,50

Decaffeinated espresso or tea without theine. 7,50

Selection of teas. Please make your choice & let us know. (English Breakfast, Darjeeling, Earl Grey, Earl Grey without theine, green tea, mint, camomile or lime blossom). 7,50

Hot chocolate. 7,50

Whole milk, skimmed milk or soy milk. 5

Selection of milkshakes (strawberry, chocolate, vanilla, banana, coffee, redcurrant yogurt, rum with raisins and sugar-free cream strawberry). 13,50

PURE REFRESHMENT

Fuel your day and enhance your wellness with Westin Fresh by The Juicery, an assortment of nourishing, healthy juices and smoothies. Curated in partnership with the experts at The Juicery, each of these custom blends packs a punch of revitalizing goodness. For a better you.™

JUICES

Celery, cucumber, lime & coconut water. 12

Carrot, orange, ginger, turmeric and pineapple. 12

Beetroot, raspberry, pomegranate, spinach, & coconut water. 12

Lemon, ginger, turmeric, cayenne, spinach and coconut water. 12

Available from Monday to Friday till 11 am and Saturdays and Sundays until 3:00 p.m. All of the offerings on our Westin Fresh by The Juicery menu are also .

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WESTIN WEEKEND BREAKFAST MENU

*Weekends last longer at Westin hotels, with extended breakfast hours until 3 pm. * Whether you sleep in and slow down, or jump-start your day with a WestinWORKOUT®, you can dine at your own pace.*

For a better you.™

Muesli with low-fat yogurt, banana chips and dried fruits.  14

Pancakes with maple syrup and berries.  18

Egg white omelette with broccoli and cheddar cheese, grilled tomatoes and spring salad.  20

Eggs Benedict with grilled salmon, asparagus, tomato salad and mayonnaise made of oranges.  20

Rye bread with scrambled egg whites and grilled chicken breast.  16

All Bran, Corn Flakes, Choco Pops, Muesli clásico y avena.  8,50

Oatmeal with apple and walnuts.  14

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Price in Euros. Vat Included.

ALL DAY DINING

Available from noon to 11:00 p.m.

Touch Service Express®

Buffalo caprese with selected tomatoes and basil emulsion.   14

Superfoods salad with lettuce, spinach, cherry tomatoes, walnuts and parts of orange.  17

Octopus mille feuille carpaccio, mozzarella, tomato comfit and rocket salad. 19

Vitello Tonato (roasted veal with tuna fish sauce). 15

Our Caesar salad with grilled prawns and bacon. 19

Salmon Tartar.  15

Pizza (three cheeses or ham and cheese or margarita). 18

Grilled vegetables.  15

Mini smoked salmon blinis, fresh radish and chard leaves.  16

Mini chicken kebab with cucumber sauce. 11

Selection of cheeses. 19

Spanish cured ham. 32

Caviar Royal Baikal (France) - 30 grs. 88

SOUPS

Soup of the day. 8

Chicken noodle soup. 13

MAIN COURSES

Spaghetti with tomato sauce  o bolognese. 15

Curd and spinach ravioli with butter sauce.   15

Grill Sole with vegetables. 23

Salmon tataki with miso, honey sauce and black sesame.  18

Steamed hake. 18

Chicken supreme served with its sauce (available halal style). 27

Creamy suckling pig with salad. 32

Grilled beef tenderloin. 29

Garnish to accompany your main course:

Basmati rice. 4

Steamed, Fried or Baked potatoes. 4

Tomato salad  / Tender leaves salad. 4

Steamed or Sautéed vegetables. 4

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 Vegetarian.

Price in Euros. Vat Included.

ALL DAY DINING

Available from noon to 11:00 p.m.

Touch Service Express®

SANDWICHES

Turkey pastrami and grain mustard sauce whole wheat sandwich  20

Vegetarian sandwich (lettuce, tomato, cucumber, avocado, egg, watercress, asparagus and mayonnaise served with whole wheat bread).  20

Grilled ham and cheese sandwich.  22

Turkey wrap with spinach, tomato, avocado and asiago cheese.  20

Club Palace Sandwich (bacon, chicken, egg, lettuce, tomato and tartar sauce). 24

Grilled hamburger with melted cheese. 28

(All sandwiches are served with french fries).

DESSERTS

Apple pie. 13,50

Fruit salad. 11

Our selection of ice creams (strawberry, chocolate, vanilla, banana, coffee, rum with raisin and sugar-free cream strawberry). 8

Brownie with vanilla ice cream. 10

Hazelnut tiramisú. 10

Crème brûlée. 10

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 Vegetarian.

BREAKFAST PICNIC

Ham and cheese and smoked salmon sandwich, Actimel, cake, orange juice and a bottle of mineral water (1/4 L). 27,50

SUPERFOODS PICNIC

Roasted turkey sandwich, smoked salmon sandwich and cheese sandwich, dried fruits, green apple, chocolate bar, soft drink and a bottle of mineral water (1/4 L.).  29,50

PALACE PICNIC

Ham and cheese sandwich, roast beef sandwich and smoked salmon sandwich, energy bar, banana, chocolate bar, chips, Actimel, juice, soft drink and a bottle of mineral water (1/4 L). 30,50

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 07:00 a.m. to noon. Touch Service Express®

- Baby spinach and cheese omelette.  8
- Blueberry and banana pancake lollipops.  11
- Build your own granola parfait.  7
- Oatmeal with apple and walnuts.  8
- Breakfast cereals with seasonal fruit and milk. 7
- Waffles. 8

LUNCH OR DINNER

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

- Salmon with soba noodles.  15
- Chicken fingers. 12
- Grilled chicken with whole wheat pasta. 13
- Hake fish taco.  15
- Thai chicken with apple curry and jasmine rice. 14
- Tuna salad sandwich. 14

DESSERTS

- Apple fruit salad.  10,50
- Fresh berries milleuille.   10
- Our selection of ice creams (strawberry, chocolate, sugarfree strawberry and vanilla). 8

BEVERAGES

- Glass of milk. 5
- Hot chocolate. 5
- Milkshakes: Chocolate, strawberry, banana, vanilla, yoghurt with berries, sugar free strawberry and cream. 13,50
- Our selection of juices - fresh orange juice, pineapple juice, grapefruit juice, cranberry juice, peach juice, tomato juice and apple juice.. 7,50
- “San Francisco” cocktail (peach juice, pineapple juice, orange juice and grenadine). 10

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

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NIGHT MENU

Available from 11:00 p.m. to 07:00 a.m.

Touch Service Express®

SALADS & STARTERS

Superfoods salad with lettuce, spinach, cherry tomatoes, walnuts and parts of orange.  20,50

Smoked Norwegian salmon.  21,50

Buffalo caprese salad with selected tomatoes and basil emulsion.  17

Ham croquettes. 14

Spanish cured ham. 32

Royal Baïkal Caviar (France) - 30 grs. 88

SOUPS

Soup of the day. 10

Chicken noodle soup. 13

EGGS

Omelette of your choice. 20

SANDWICHES

Ham and cheese sandwich. 22

Sandwich of veal tenderloin medallions with mustard. 26

Club Palace sandwich (bacon, chicken, egg, lettuce, tomato and tartar sauce). 26

MAIN COURSES

Spaghetti with tomato sauce  or bolognese. 15

Grilled hamburger with melted cheese. 28

Grilled hake medallion with seasonal vegetables. 23

Grilled beef tenderloin. 29

DESSERTS

Fruit salad. 11

Crème brûlée. 10

Our selection of ice creams: Strawberry, chocolate, vanilla, banana, rum with raisins or sugar-free cream strawberry. 8

Cereals: Cornflakes, All Bran or muesli with milk. 8,50

Brownie with vanilla ice cream. 10

COFFEE & TEAS

Espresso, black or coffee with milk. 7,50

Cappuccino. 7,50

Decaffeinated espresso or tea without theine. 7,50

Selection of teas. Please make your choice & let us know. 7,50
(English Breakfast, Darjeeling, Earl Grey, Earl Grey without theine, green tea, mint, camomile or lime blossom). 7,50

Hot Chocolate. 7,50

Whole milk, skimmed milk or soy milk. 5

MOVIE NIGHT

If you have chosen a movie from our television system ask for our special movie menu: A sandwich or hamburger from our room service menu. A dessert and a soft drink or a beer. Price per person 39,50

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 Vegetarian.

BEVERAGE LIST

Touch Service Express®

NON ALCOHOLIC BEVERAGES

COFFEE & TEAS

- Espresso, black or coffee with milk. 7,50
- Cappuccino. 7,50
- Decaffeinated espresso or tea without theine. 7,50
- Selection of teas. Please make your choice & let us know. 7,50
(English Breakfast, Darjeeling, Earl Grey, Earl Grey without theine, green tea, mint, camomile or lime blossom). 7,50
- Hot chocolate. 7,50
- Whole milk, skimmed milk or soy milk. 5

WATER, JUICES & SOFT DRINKS

- Still water 1L. 7,50
- Still water 50cl. 5,50
- Vichy Catalán 50cl. 5,50
- Perrier. 5,50
- S. Pellegrino 50cl. 7
- Or selection of juices: pineapple juice, cranberry juice, peach juice, tomato juice or apple juice 7,50
- Fresh orange juice and grapefruit juice 7,50
- Soft drinks. 8

ALCOHOLIC BEVERAGES

BEERS AND LIQUEURS

	GLASS	BOTTLE
National beer		10,40
Heineken.		11
Coronita.		11
Beefeater Gin.	21	168
Citadelle Gin.	25	200
Cacique Rum.	20	160
Stolichnaya Vodka.	23	184
Grey Goose Vodka.	24.50	194,50
Whisky Chivas Regal 12 years.	24.50	194,50
Whisky Johnnie Walker Black Label.	25.60	205
Brandy Carlos I.	22	176

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Responsibility matters. State law prohibits the consumption of alcohol by persons under the age of 18.

WINE LIST

Available from noon to 11:00 p.m.

Touch Service Express®

----- BY BOTTLE

WHITE WINES

Rueda

Viña Calera 21

1/2 Marqués de Riscal, Verdejo 19,40

Marqués de Riscal, Limousin 30,50

Marqués de Riscal, Sauvignon Blanc 31,70

Costers del Segre

Raimat Clamor 25,50

Navarra

Gran Feudo 21,40

Penedés

Gran Viña Sol 32,50

Viña Esmeralda 34,50

Rías Baixas

Martin Codax 33,70

RED WINES

Castilla y León

Riscal, Tempranillo 1860 27,50

Rioja

Arienzo 27,50

Azpilicueta, Crianza 21,50

Ribera del Duero

Viejo Coso 31

----- BY THE GLASS

WHITE WINES

Rueda

Viña Calera 9,50

Marqués de Riscal, Sauvignon Blanc 12

Marqués de Riscal, Limousin 12

Costers del Segre

Raimat Clamor 9,50

RED WINES

Rioja

Azpilicueta 9,50

Arienzo 9,70

Marqués de Riscal Reserva 11,50

Ribera del Duero

Viejo Coso 10,40

WINES OF THE WORLD

WHITE WINES

Australia: Peter Lehmann Wines Weighbridge. Chardonnay 30

Chile: Caliterra Reserva. Sauvignon Blanc 41

France: Sancerre Henri Bourgeois Grande Reserve.

Sauvignon Blanc 50

France: Chablis la Paulière. Chardonnay 42

Austria: Friendly Grüner Veltliner. Laurenz V. Grüner Veltliner 41

Germany: Winkeler Jesuiten Garten. Riesling Trocken 35

Italy: Santa Margherita Valdadige. Pinot Grigio 35,15

New Zealand: Petit Clos Henri. Sauvignon Blanc 60

Spain: Marqués de Riscal Rueda. Verdejo, Viura. 25

USA: Hess Select Monterey. Chardonnay. 33

RED WINES

Argentina: Norton. Malbec 30

Australia: Mad Fish. Shiraz 40

Chile: Casillero del Diablo Reserva. Cabernet Sauvignon 35

France: Michel Lynch Bordeaux Organic. Merlot 41

France: Bourgogne Pinot Noir Couvent des Jacobins.

Pinot Noir 43

France: Côtes du Rhône Guigal. Grenache, Syrah 39

Italy: Rosso di Montalcino Castello Banfi. Sangiovese 58

South Africa: Blaauwklippen Cultivar Selection. Shiraz 45

Spain: Marqués de Riscal Reserva.

Tempranillo, Graciano y Mazuelo 33

USA: Hess Select. Cabernet Sauvignon 35,85

ROSÉ WINE

France: *Whispering Angel Château D'Esclans.*

Grenache, Syrah 35

CAVAS

Anna de Codorníu, Reserva Brut, Penedés 43,50

Anna de Codorníu, Blanc de Blancs, Penedés 43,50

N.P.U. Cuvée Reina Maria Cristina Brut 45,50

CHAMPAGNES

Veuve Clicquot Ponsardin, Brut 93,50

Laurent Perrier Brut, Tours Sur Marne 93,50

Moët Chandon, Brut Imperial Épernay 100

Dom Pérignon, Cuvée, Épernay 210

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