

FEED THE BODY NOURISH THE SOUL

Our SuperFoodsRx™* menu features revitalizing dishes made from healthy ingredients rich in nutrients and antioxidants and taste delicious so you can feel energized and at your best all day.

STARTERS

MEDITERRANEAN MEZZA PLATTER
Hummus, baba ganoush, hand rolled stuffed grape leaves, Kalamata olives, kibbeh & toasted pita chips 16.00

COASTAL CRAB CAKE 
Blue crabmeat, corn and jalapeno salsa, Romesco sauce 17.00

CRISPY FIRECRACKER CALAMARI
Kalamata olive and roasted garlic dip 16.00

DUCK CONFIT ORANGE FOAM 
Traditionally slow cooked old fashioned duck leg served on dollop of truffle mash 18.00

CORONA AND LIME MARINATED SHRIMP 
Avocado, jalapeno and tomato mojo 17.00

ANTIPASTO
Balsamic roasted vegetables, cumin & garlic cured olives, marinated grilled artichokes, balsamic macerated buffalo mozzarella, sundried tomatoes, genoa salami, capicola, prosciutto & home baked ficelle 17.00

CINNAMON SCENTED BUTTERNUT SQUASH SOUP 
Apple puree 9.00

DAILY MARKET SOUP 9.00

GREENS

MICRO CHOPPED GRILLED CHICKEN SALAD  GF
Romaine, kale, broccoli, beets, avocado, cheddar, egg, tomato, cucumber, Italian vinaigrette 18.00

PRINCE CAESAR SALAD
Peameal bacon, shaved parmesan, crostini 11.00
with freshly grilled shrimp or chicken 19.00

BEET & SQUASH SALAD 
Mix green, sautéed mushrooms, goat cheese crumble, herb vinaigrette 16.00

ARUGULA SALAD
Mix green, shaved apple & fennel slaw, grilled cranberry focaccia, pear vinaigrette 17.00

OPTIONS

STIR FRIED VEGETABLES WITH BROWN RICE 9.00 GF

SEA-SALTED FRENCH FRIES 8.00

CHAR ROASTED ASPARAGUS 8.00 GF

BUILD YOUR OWN OMELET
Three egg omelet with your choice of three fillings:
Smoked black forest ham, bacon, sausage, sautéed mushrooms, wilted spinach, sweet onions, bell peppers, Ontario cheddar cheese, salsa and Jalapeno 17.00


ENTRÉES

PORCINI DUSTED FILLET MIGNON
Truffle mash, heirloom carrot, beet, beans, Sunchoke puree 39.00

RACK OF LAMB PERSILLADE
Burnt garlic mash, root veg, sherry persillade sauce 39.00

WILD SALMON 
Herb pearl barley, squash, beet puree, broccoli, pickled mustard seeds 31.00

ORGANIC RAINBOW TROUT GF
Forked yams, rapini, fennel, maple honey glaze, compound butter 30.00

GNOCCHI 
Kale pesto, swiss chard, edamame, zucchini, sundried tomato, parmesan 24.00

SOUS VIDE ROASTED CHICKEN GF
Artichoke, cremini mushroom, grape tomatoes, edamame, squash puree 29.00

PRIME RIB
Horseradish mash, heirloom carrots, au jus 38.00

BUTTER CHICKEN GF
Aromatic spice marinated chicken cooked in rich tomato sauce, basmati rice, papadam 29.00

CHEF'S INSPIRATION
Our daily offering inspired by regionally farmed or seasonally harvested products, priced daily

FAOURITES

PRIME RIB BURGER
Applewood Smoked Cheddar, pickle, roasted garlic aioli, fries or side salad 17.00

ALL NATURAL TURKEY INVOLTINI 
Tender spinach, egg white crape, avocado and sundried tomato wrapped in a whole wheat tortilla, cranberry mayo, marinated Asparagus fries or side salad 17.00

DESSERTS

WARM DOUBLE-CHOCOLATE BROWNIE
Pecans, chocolate sauce, vanilla ice cream 13.00

FLOURLESS CHOCOLATE TORTE
Anglaise 12.00

NEW YORK STYLE CHEESECAKE
Berry Compote 12.00

APPLE CRUMBLE TART
Served warm with caramel sauce and vanilla ice cream 12.00

SEASONAL STRUDEL
Vanilla ice cream 12.00

WESTIN
HOTELS & RESORTS

**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 *SuperFoodsRx: Fourteen Foods That Will Change Your Life*.

GF 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 ask your server to assist you in making your selection. Please consult your physician as to your personal health decisions.

Disclaimer Option

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