

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

CHICKEN & WAFFLE SLIDER  Caramel & sweet chili sauce, melon, cress 16.00

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

CINNAMON SCENTED BUTTERNUT SQUASH SOUP  Apple puree 9.00

DAILY MARKET SOUP 9.00

GREENS

MICRO CHOPPED GRILLED CHICKEN SALAD   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 


SEA-SALTED FRENCH FRIES 8.00

CHAR ROASTED ASPARAGUS 8.00 


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

STEAK FRITES 8oz.  King oyster mushroom, lemon garlic butter, pickle mustard seed jus, truffle fries 30.00

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

ORGANIC RAINBOW TROUT  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  Artichoke, cremini mushroom, grape tomatoes, edamame, squash puree 29.00

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

SANDWICHES

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

ROASTED CHICKEN PANINI
Spicy tomato jam, Smoked cheddar, arugula and kalamata aioli, choice of sea-salted French fries or side salad 17.00

OLD FASHIONED MONTE CRISTO
Ham & gruyere cheese, on brioche, strawberry jam 16.00

ALL NATURAL TURKEY INVOLTINI  Tender spinach, egg white crape avocado and sundried tomato wrapped in a whole wheat tortilla with cranberry mayo 16.00

DESSERTS

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

FLOURLESS CHOCOLATE TORTE
Anglaise 12.00

NEW YORK STYLE CHEESE CAKE
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 FRESH BY THE JUICERY

WATERMELON MINT JUICE 9.00 


BEET, CARROT, KALE, APPLE JUICE, LEMON, GINGER 9.00 

MINT INFUSED PINEAPPLE-CUCUMBER JUICE 9.00 

ORANGE, GRAPEFRUIT, LEMONADE, LIME 9.00 

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*.

 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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