

WESTIN

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# Eat Well

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# Energize with SuperFoodsRx™ dishes made with ingredients packed with nutrients to power your day.



## **APPLES**

Bursting with antioxidants, including polyphenols, flavonoids and vitamin C

## **AVOCADO**

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

## **BEANS**

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

## **BLUEBERRIES**

Packed with exceptionally high levels of antioxidant phytonutrients

## **BROCCOLI**

Generous amounts 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 flavonols

## **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

## **LOW-FAT YOGURT**

Includes live, active cultures; 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

## **SOY**

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

## **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

## **WALNUTS**

Provide 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



Indicates a SuperFoodsRx™ dish. SuperFoodsRx powerfully pairs together whole foods to boost nutritional composition and flavors.



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

# Breakfast

Available from 6:30am to 11:00am\*. Dial Service Express®.

## Entrées

### HEALTHY START 17

Multigrain avocado toast wedges, cherry tomatoes cucumber, arugula & baby kale salad, lemon vinaigrette, two poached eggs

### POACHED EGGS ON ASPARAGUS 17

Roasted wild mushrooms, snap peas, asparagus, two poached eggs, lemon vinaigrette

### STEEL CUT OATS 12

Cinnamon scented steel cut oatmeal, sliced almonds fresh seasonal berries

### HENDRICKS BREAKFAST 17

Two eggs any style, potato & cheddar cheese pavé choice of crispy smoked bacon, pork sausage or festive ham served with toast

### TWO EGG OMELET YOUR STYLE 17

Choose any four items from the following: cheddar, mozzarella, feta, tomatoes, green onions, ham, bacon, chorizo sausage, red peppers, spinach, served with potato & cheddar cheese pave, your choice of toast

### CHOCOLATE BANANA WAFFLES 16

Buttermilk waffles, strawberry rhubarb compote hazelnut chocolate sauce, whipping cream

### SMOKED SEAFOOD BENEDICT 17

Smoked salmon & trout, cream cheese, capers pickled onions, two poached eggs, on a flakey croissant flat bread served with potato & cheddar cheese pavé

### TRADITIONAL BENEDICT 17

Canadian back bacon, traditional hollandaise potato & cheddar cheese pavé

### ROASTED TURKEY BREAKFAST SANDWICH 17

Roasted turkey breast, Swiss cheese, fried egg spinach, egg dipped sour dough, potato & cheddar cheese pavé

## Breads & Pastries

Served with butter & fruit preserves

Bakery basket 12

Includes a croissant, Danish & muffin

Danish pastries, croissants, fruit or bran muffins, banana bread 4

Breads 4

White, whole wheat, multigrain, country sour dough, rye, gluten free

Bagel with cream cheese 5

## Gluten Free Pastries

Jam cookies 6

Vegan chocolate cookies 6

Raisin scones cookies 6

Muffin 6

## Side Orders


Crispy smoked bacon, pork sausage or ham 5

Turkey bacon or sausage 5

Potato & cheddar cheese pavé 4

Grilled tomato 4 

Smoked salmon 6 

Low-fat or fruit yogurt 5 

Fresh seasonal fruit & berries 8 

Yogurt parfait with granola & berries 8 

\*Enjoy breakfast longer on weekends – turn to our Westin Weekend Breakfast Menu page for details.

A delivery charge of \$4, plus 18% gratuity and sales tax, will be added.

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

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# Breakfast

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Available from 6:30am to 11:00am\*. Dial Service Express®.

## Westin Fresh by The Juicery

Westin Fresh by The Juicery offers a menu of nourishing, revitalizing juices & smoothies curated by the experts at The Juicery.

### FRESH PRESSED JUICES:

Beet, carrot, ginger, spinach, orange 10  
celery, cucumber, lime, coconut water 10

### SMOOTHIES:

Blueberry, spinach, chia seeds, avocado almond milk, granola 9

Strawberry, banana, goji berries, coconut milk 9

Sweet potato, pineapple, kale, chia seeds, almond milk 9

## Fruits, Juices & Yogurts

Orange, grapefruit, cranberry or apple juice 4

Nonfat or fruit yogurt 5 

## Cereals

Raisin Bran, Corn Flakes, Rice Krispies, Froot Loops, Frosted Flakes, Cheerios, 5

## Coffee & Tea

Freshly brewed Starbucks® blend Coffee, regular or decaffeinated 4

Espresso 5

Cappuccino 5

Cafe Latte 5

### ASSORTED TAZO TEAS 5

Awake, calm, wild sweet orange, earl grey organic chai, china green tips, refresh berry blossom, zen

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# Westin Weekend Breakfast Menu

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

### DELUXE CONTINENTAL 17

Bakery basket to include a croissant, Danish & muffin. Your choice of juice: orange, apple, cranberry or grapefruit. Fresh fruit salad. Freshly brewed Starbucks regular or decaffeinated coffee or a selection of Tazo teas

### HENDRICKS BREAKFAST 17

Two eggs any style, potato & cheddar cheese pavé choice of crispy smoked bacon, pork sausage or festive ham served with toast

### TWO EGG OMELET YOUR STYLE 17

Choose any four items from the following: cheddar, mozzarella, feta, tomatoes, green onions, ham, bacon, chorizo sausage, red peppers, spinach, served with potato & cheddar cheese pavé & toast

### YOGURT 5

Choose from low-fat fruit, berry or Greek

 Indicates a SuperFoodsRx™ dish. SuperFoodsRx powerfully pairs together whole foods to boost nutritional composition and flavors.

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

# 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. Available from 6:30am to 11:00pm. Dial Service Express®.




## Breakfast

Available from 6:30am to 11:00am

**BLUEBERRY & BANANA PANCAKE LOLLIPOPS** 10     
Banana & blueberries cooked into pancake & served with low-fat yogurt, fruit salad & syrup

**BABY SPINACH & CHEESE OMELETTE** 10     
Served with fruit salad


**PEANUT BUTTER & BANANA SANDWICH** 8     
Served on whole wheat bread with seasonal fruit

**HAM, EGG & CHEESE QUESADILLA** 10     
Two eggs, corn tortilla, low sodium ham cheddar & mozzarella cheese, pico de gallo

**OATMEAL WITH APPLES & WALNUTS** 8     
Served with apples, walnuts, honey & milk

## Lunch or Dinner



Available from 11:00am to 11:00pm

**TUNA MELT** 12    
Tuna salad on whole wheat slider bun with melted cheddar cheese, served with carrot & celery sticks

**CHICKEN QUESADILLA** 12    
Served with black bean, rice & pico de gallo

**PITA CHIPS & CRISP VEGETABLES** 7    
Served with hummus & low-fat yogurt dip

**CHICKEN FINGERS** 12    
Baked chicken fingers with cornflake breading, served with carrot & celery sticks, low fat ranch dip

**TURKEY SLIDERS** 12    
Grilled turkey burger served with carrots, celery sticks & low-fat cranberry mayonnaise

## Dessert

**FRUIT KEBABS** 7     
Fresh fruit served with low-fat Greek yogurt and a cornbread cookie

**APPLE FRUIT SALAD** 6     
Cored apple filled with fresh fruit

## Drinks

**STRAWBERRY YOGURT MILK SHAKE** 6     
Strawberries with low-fat vanilla Greek yogurt

**FRUIT SMOOTHIE** 8     
Strawberries, blueberries & bananas blended with orange juice & honey

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# All-Day Dining

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Available from 11:00am to 10:00pm\*. Dial Service Express®.

## Soups & Salads

### SOUP OF THE DAY 10

Served with herbed flat bread

### FIRE ROASTED TOMATO GIN SOUP 12

Served with grilled cheese bites

### ICEBERG SALAD WEDGES 16

Beef short rib, oven dried tomato, capers, olives, feta cheese, onion tobacco, roasted jalapeno ranch dressing

### HENDRICKS CAESAR SALAD 14

Greek yogurt dressing, grilled lemon pecorino Romano cheese, gluten free croutons

### WARM CHICKEN & KALE SALAD 16

Warm kale, green cabbage, mint, cilantro, sweetie drop peppers, pulled chicken, grana padano cheese, toasted peanut vinaigrette

### SUPERFOOD SALAD 16

Baby kale, spinach, orange segments, strawberries, chia seed crusted avocado, linseeds, cranberry raspberry yogurt vinaigrette

### WEST COAST SALMON SALAD 18

Spinach & watercress, pomegranate seeds, pickled radish & goat cheese with lemon grass vinaigrette

## Appetizers & Small plates

### TUNA POKE 16

Albacore tuna with tomato, jalapeno, scallions, taro chips, togarashi spiced guacamole

### CRISPY BEEF ROLL 15

Braised short rib, pickled daikon, kimchi, panko bread crumbs, onion tobacco, sweet soy

### PULLED PORK SLIDERS 15

Roasted tomato & cilantro vinaigrette, pumpkin seed slaw, chipotle sauce

### HENDRICKS MAC & CHEESE 15

Cheddar, brie, & gruyere cheese in a butternut squash sauce

### ROCK & ROLL CEVICHE 15

Local rockfish cured with avocado, scallions, citrus & pickled fennel, served with crispy corn tortilla

## All day breakfast

### HENDRICKS BREAKFAST 17

Two eggs any style, potato & cheddar cheese pavé crispy smoked bacon, pork sausage served with toast



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# All-Day Dining

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Available from 11:00am to 10:00pm\*. Dial Service Express®.

## Favorites

### **HENDRICKS BURGER** 17

Smoked mozzarella, crispy onions bourbon tomato-bacon jam, on a brioche bun choice of Kennebec fries, house salad or carrot slaw

### **HENDRICKS TURKEY CLUB** 17

Maple glazed bacon, roasted turkey breast, garlic aioli, tomatoes, aged cheddar cheese on multigrain toast choice of Kennebec fries, house salad or carrot slaw

### **SHORT RIB PANINI** 17

Ginger beer braised short rib, green apple slaw, choice of Kennebec fries house salad or carrot slaw

### **NORTHWEST FISH & CHIPS** 17

Beer battered pacific cod, spiced heirloom carrots golden raisin slaw, house tartar sauce & Kennebec fries

## Main Course

### **SLOW ROASTED ½ CHICKEN** 28

Served with sautéed kale, wild mushroom farro spiced cauliflower, pan jus

### **BONELESS BEEF SHORT RIB** 26

Slow cooked in ginger beer with crispy celery root croquettes, apple slaw, baby bok choy, ginger beer glaze

### **STEAK FRITES** 26

Peppercorn crusted 6oz Angus reserve hanger steak Hand cut Kennebec fries, mushroom & tomato jus

### **WILD LINE CAUGHT SALMON** 26

Lemon infused potato puree, grilled Greek salad, feta cheese creme fraiche

## Sweet Treats

### **B52 CRÈME BRÛLÉE** 10

Orange & Grand Marnier brittle

### **NY CHEESE CAKE** 10

Apple & cinnamon compote



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# Late-Night Dining

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Available from 10:00pm to 6:30am only\*. Dial Service Express®

**HENDRICKS TURKEY CLUB 17**

Maple glazed bacon, roasted turkey, Greek yogurt aioli, tomatoes romaine & aged cheddar cheese on multi-grain toast

**STEAK FRITES 26**

Peppercorn crusted 6 oz Angus Reserve hangar steak, Kennebec fries mushroom jus & side Caesar salad

**QUINOA BURGER 18**

House-made quinoa patty, feta cheese, tomato jam & aioli on a gluten free ricotta bun

**HENDRICKS CAESAR SALAD 14**

Greek yogurt dressing, grilled lemon, pecorino Romano & gluten free ricotta croutons

**CRISPY BEEF ROLL 15**

Braised short rib, pickled daikon, kimchi, panko bread crumbs, onion tobacco, sweet soy

**CHEESE BINGS 14**

Crispy crepe bites stuffed with smoked ham hock & mozzarella, served with bacon & bourbon jam

**NAUGHTY BITS 16**

General tso fried chicken & broccoli bites, green onions, red pepper, sesame seeds, red thai peppers

**SOUP OF THE DAY 10**

Served with herbed flat bread

**MIXED GREENS 10**

Hand selected greens with cherry tomatoes, carrots, dried cranberries & sliced almonds

**WHOLE FRUIT & BERRIES 10**

Seasonal berries, apple, banana

**COOKIES & MILK 10**

Two house baked cookies with 2% milk

**NY CHEESECAKE 10**

Apple cinnamon compote

**MRS. VICKIES KETTLE CHIPS 5**

Original, sour cream & caramelized onion

**COLD CEREAL & MILK 4**

Raisin Bran, Rice Krispies, Froot Loops, Frosted Flakes, Corn Flakes

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A delivery charge of \$4, plus 18% gratuity and sales tax, will be added.

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

# Sleep Well Menu



Enjoy these superfoods 1–2 hours before bedtime to enhance your rest and enrich your well-being. Available 6:30am to 11:00pm\*. Dial Service Express®.

## HEALTHY START 17

Multigrain avocado toast wedges, cherry tomatoes cucumber, arugula & baby kale salad, lemon vinaigrette, two poached eggs

## POACHED EGGS ON ASPARAGUS 17

Roasted wild mushrooms, snap peas, asparagus, two poached eggs, lemon vinaigrette

## SUPERFOOD SALAD 16

Baby kale, spinach, orange segments, strawberries Chia seed crusted avocado, linseed, cranberry Raspberry yogurt vinaigrette

## BEDTIME SNACK 5

A small bowl of nutty granola with skim milk

## HERBAL TEA 5

Unwind and re-center with a cup of naturally caffeine-free herbal tea, featuring a proprietary blend of aromatic herbs designed to promote relaxation and restful sleep

Whether you're adjusting to a new time zone or recovering from your travels, restful sleep is the key to renewal. Recommended by the experts at SuperFoodsRx™, these selections are packed with amino acids, vitamins & minerals that promote sound sleep, including:

### TRYPTOPHAN

Boosts serotonin production and enhances sleepiness

### MELATONIN

Resets sleep-wake cycles, combating jet lag and improving sleep quality

### THIAMIN

Important B vitamin that helps improve sleep patterns

### MAGNESIUM & POTASSIUM

Electrolytes often lost during travel that help promote sleep and prevent insomnia

### FOLATE

Helps fight fatigue during the day and promotes sound sleep at night

### SEROTONIN

Promotes relaxation and induces sleepiness

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# Alcoholic Beverages

Available from 11:00am to 11:00pm\*. Dial Service Express®.

## White Wines

	6oz	9oz	Btl
<b>OYSTER BAY</b> Sauvignon Blanc, NZ	13	19	54
<b>PELLER ESTATES</b> Chardonnay, VQA, BC	10	15	42
<b>SANDHILL</b> Pinot Gris, VQA, BC	11	17	48
<b>MISSION HILL RESERVE</b> Riesling, BC	11	17	48
<b>STONEBOAT STONE'D</b> Blend, BC	13	19	54

## Red Wines

	6oz	9oz	Btl
<b>SUMAC RIDGE</b> Merlot, VQA, BC	10	15	42
<b>SANDHILL</b> Cabernet Merlot, VQA, BC	13	19	54
<b>LOUIS MARTINI</b> Cabernet Sauvignon, Ca	13	19	54
<b>OYSTER BAY</b> Pinot Noir, NZ	14	21	59
<b>ALAMOS</b> Malbec, Arg.	10	15	42

## Sparkling Wines

**OYSTER BAY BRUT** 48  
Sparkling Cuvée Brut, NZ

**HENKELL TROCKEN PICCOLO** 12  
Sparkling, Ger.

**VEUVE CLICQUOT** 140  
Champagne, Fr.

**DOM PÉRIGNON** 400  
Champagne, Fr.

**LAMARCA** 54  
Prosecco, It.

**INNISKILLIN** 20  
Ice Wine, VQA, BC 50 ml

\*Responsibility matters. Must be of legal drinking age or older to purchase and/or consume alcohol. Vintages are subject to change; please ask your server when making your selection.

A delivery charge of \$4, plus 18% gratuity and sales tax, will be added.

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# Hotel Venues

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Experience a wide array of food & beverage offerings at the Westin Grand, Vancouver.

## **HENDRICKS RESTO-LOUNGE**

Inside the Westin Grand, Vancouver, overlooking the city's vibrant Library Square, Hendricks Resto-Lounge is a remix of the past and the present. It is both an old-school cocktail bar stirring up decadently crafted cocktails, and a full-service restaurant showcasing clean, modern interpretations of contemporary classics.

**On the Lobby Level of the Westin Grand, Vancouver**  
**433 Robson Street**  
**[www.hendricksrestaurant.com](http://www.hendricksrestaurant.com) | 604-647-2521**

### **HOURS**

Sunday–Thursday      6:30am–11:00pm  
Friday–Saturday      6:30am–12:00am

### **LOCATION**

Lobby Level.

## **POP UP PATIO (seasonal)**

Open from May to September (weather permitting).

### **HOURS**

Thursday–Friday      5:00pm – 9:00pm  
(Weather permitting)

### **LOCATION**

3<sup>rd</sup> floor by the pool patio



