

IN-ROOM DINING

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

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SUPERFOODS



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

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

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

BREAKFAST

Available from 6:30 am to 10:30am
Touch Service Express

STEEL CUT OATMEAL BRULÉE 12

Apple & cinnamon oatmeal, slivered almonds, brown sugar seasonal berries

HEALTHY START 16

Sautéed kale, grilled roma tomatoes, roasted wild mushrooms poached eggs, toast

POACHED EGGS ON ASPARAGUS 16

Sautéed forest mushrooms, snap peas, asparagus two poached eggs, lemon vinaigrette

SUPERFOOD PANCAKES 17

Fluffy buttermilk pancakes filled with almond granola & fresh seasonal berries, served with vanilla yogurt and maple syrup

CHOCOLATE BANANA WAFFLES 16

Buttermilk waffles, strawberry rhubarb compote, hazelnut chocolate sauce, crème chantilly

TWO EGG OMELET YOUR STYLE 16

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 your choice of toast

HIDDEN BREAKFAST 17

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

TRADITIONAL BENEDICT 16

Canadian back bacon, chicharrón, traditional hollandaise potato & cheddar cheese pavé

SMOKED SEAFOOD BENEDICT 17

Smoked salmon & trout, cream cheese, capers, pickled onions, dill two poached eggs on home-baked flatbread, served with potato and cheddar cheese pavé

BREAKFAST SANDWICH 16

Homemade cheddar & chive biscuit, avocado, tomato jalapeños fried egg, Canadian back bacon, chipotle aioli, mozzarella served with potato & cheddar cheese pavé

SIDE ORDERS

BREADS AND PASTRIES

White, multigrain, rye, whole-wheat, sourdough 4
Croissant, Danish or muffin 4 each



GLUTEN FREE PASTRIES

Muffin, banana date loaf, raisin scones 6

Crispy smoked bacon, pork sausage or local ham 5

Potato pavé 4

Low-fat or regular yogurt 5

Fresh seasonal fruits and berries 8  

Bagel with cream cheese 5

Granola yogurt parfait 8

BOXED CEREALS

Raisin bran, special k, rice krispies, corn flakes, frosted flakes 5

A \$4 delivery charge and 18% service charge will be applied to your bill *

Gluten Free 

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

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

BREAKFAST

Available from 6:30 am to 10:30am
Touch Service Express

BEVERAGES

FRESHLY BREWED STARBUCKS

Regular or decaffeinated coffee 4
espresso, cappuccino or latte 5

A SELECTION OF TAZO TEAS

Awake, organic chai, calm, earl grey
china green tips, refresh, zen 4

MILK

Whole, 2%, skim or soy 4



FRESH PRESSED JUICES 9

- Beet, carrot, ginger, spinach orange
- Celery, cucumber, lime & coconut water
- Watermelon, basil

SMOOTHIES 10

- Blueberries, spinach, chia seeds avocado almond milk & granola
- Strawberries, banana, goji berries coconut milk
- Sweet potato, pineapple, kale, chia seeds & almond milk

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WESTIN WEEKEND

BREAKFAST MENU

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.

For a better you.™

THE ESSENTIAL CONTINENTAL

Bakery basket to include a croissant, Danish and muffin
your choice of juice: orange, apple, grapefruit or cranberry
fresh fruit salad, freshly brewed Starbucks regular or decaffeinated coffee
or a selection of Tazo teas 16

HIDDEN BREAKFAST 17

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

SUPERFOOD PANCAKES 17

Fluffy buttermilk pancakes filled with almond granola & fresh seasonal berries, served with vanilla yogurt and maple syrup

YOGURT

Low-fat or regular yogurt 5

* Extended breakfast available Saturdays and Sundays until 3:00 p.m.

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ALL DAY DINING

LIGHTER FARE

CHEF'S DAILY SOUP CREATION 10

Served with herbed flat bread

CRISPY TUNA SUSHI ROLLS 16

Albacore tuna, spicy shrimp, avocado, cucumbers, chipotle aioli flying fish roe, pickled ginger and wasabi

CRISPY CALAMARI 16

Pickled red onions, crispy jalapeno lemon, tzatziki sauce

SMOKED CHICKEN & PEAR FLAT BREAD 16

Smoked chicken, caramelized onions, sliced pear, blue cheese Frisée & cherry tomato salad, shaved grana padano

QUINOA SLIDERS 16

Home-made quinoa cakes, feta cheese, roasted garlic hummus Tomato jam, lettuce on a gluten free ricotta bun

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SALADS

SUPERFOOD SALAD 16

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

add prawns or grilled chicken breast 5

JULIUS' CAESAR SALAD 16

Baby kale and romaine lettuce, quinoa, cherry tomatoes, cheddar and anchovy crisps, shaved asiago cheese, focaccia croutons, Caesar vinaigrette

add prawns or grilled chicken breast 5

CHICKEN AVOCADO SALAD 18

Spinach, strawberries, blueberries, goat cheese, pumpkin seeds, lemon juice

BEET SALAD 16

Beets, ruby red grapefruit segments, goat cheese croquettes, pea shoots and frisée, lemon vinaigrette

MAINS

ROASTED CHICKEN BREAST 28

Fraser valley chicken breast, crispy chicken skin, wild mushrooms farro, spiced cauliflower, tika masala sauce

STEAK FRITES 33

7 ounce sirloin, wild mushrooms, onions, red wine jus, triple cooked pan frites

PORK LOIN 28

Pork loin wrapped in bacon, crispy chicharron, Guinness cheddar scalloped potatoes, pickled radish and carrots

WILD MUSHROOM AND RICOTTA CANNELLONI 24

Kale, spinach, roasted wild mushrooms, butternut squash, ricotta cottage and mozzarella cheese, béchamel

CONFIT HALIBUT 30

Pacific halibut slow cooked in flavored oils, chorizo sausage hash, pickled vegetables, creamy wild mushroom veloute

SUMAC SALMON 28

Wild sockeye salmon, green lentils, sautéed kale, orange vinaigrette

SEAFOOD PAELLA 26

Mussels, clams, shrimp, sausages, spicy tomato and saffron broth scallions, peppers

PAN SEARED ARCTIC CHAR 28

Lemon infused potato and yam purée, baby watermelon radish, herb fluid gel, crispy sea asparagus

FAVOURITES

HIDDEN BURGER 17

Smoked mozzarella, wild arugula, roma tomato, garlic aioli, red onion and bacon jam, brioche bun, kennebec fries

TURKEY CLUB 17

Maple bacon, roasted turkey breast, garlic aioli, tomatoes, Guinness cheddar, lettuce, on multigrain bread, kennebec fries

FISH AND CHIPS 17

Beer battered rockfish, spiced carrot and raisin slaw, tartar sauce, malt vinegar, grilled lemon, kennebec fries

ITALIAN PANINI 17

Herb roasted focaccia, pickled eggplant and banana peppers, tomato jam smoked mozzarella, mortadella, capicola, kennebec fries

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WESTIN SLEEP WELL

HEALTHY START 16

Sautéed kale, grilled roma tomatoes, roasted wild mushrooms, poached eggs, toast

POACHED EGGS ON ASPARAGUS 16

Sautéed forest mushrooms, snap peas, asparagus two poached eggs, lemon vinaigrette

QUINOA SLIDERS 16

Home-made quinoa cakes, feta cheese, roasted garlic hummus
Tomato jam, lettuce on a gluten free ricotta bun

SUPERFOOD SALAD 16

Baby kale, spinach, orange segments, strawberries
chia seed crusted avocado, linseed, cranberry raspberry yogurt vinaigrette
add prawns or grilled chicken breast 5

PROTEIN SMOOTHIE 12

whey isolate powder, banana, peanut butter, kale, walnuts

INDULGE

CHOCOLATE FLAN CAKE 12

Cream cheese and condensed milk flan, dark chocolate cake, salted caramel sauce, fresh berries

CLASSIC NY CHEESECAKE 10

Strawberry rhubarb compote

IRISH COFFEE CRÈME BRÛLÉE 10

Baileys Irish cream, espresso

DOUBLE CHOCOLATE BROWNIE 10

Double chocolate brownie, Salted caramel ice cream

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TIM HORTONS

LATE NIGHT MENU

Available from 11:00 p.m. to 6:00 a.m. only

Enjoy your favourite late night snack from Tim Hortons.

Simply Touch Service Express and order what you like from our menu

	REGULAR	LARGE
Chicken salad sandwich	7	10
Ham and Swiss sandwich	7	10
Turkey club sandwich	7	10
Whole fruit	2 each	
Cold cereal	5	
Mixed greens	6	
Spinach salad	6	
Home style Chili	6	9
Soup with roll (Chicken noodle)	5	8
Donut	2	
Cookies	2	

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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

HAM, EGG & CHEESE QUESADILLA 10

Two eggs, corn tortilla, low sodium ham cheese and pico de gallo.

PEANUT BUTTER AND BANANA SANDWICH 8

Served on whole wheat bread with seasonal fruit

BLUEBERRY & BANANA PANCAKE LOLLIPOPS 10

Banana and blueberries cooked into pancake and served with low-fat yogurt, fruit salad and syrup.

BABY SPINACH & CHEESE OMELETTE 10

Served with fruit salad

OATMEAL WITH APPLES AND WALNUTS 8

Served with apples, walnuts, honey and milk

LUNCH & DINNER

CHICKEN FINGERS 12

Baked chicken with corn-flake breading served with carrots, celery sticks and low-fat ranch sauce

CHICKEN QUESADILLA 12

Served with black beans, rice and pico de gallo

FISH TACOS 12

Lean white fish in soft-shell tacos with tomato, lettuce, grilled corn jalapenos, mango and pico de gallo

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PITA CHIPS & CRISP VEGETABLES 7

Served with hummus and low-fat yogurt dip

TUNA MELT 12

Tuna salad on whole-wheat slider with melted low-fat cheddar cheese served with carrots and celery sticks.

TURKEY SLIDERS 12

Grilled turkey burger served with carrots, celery sticks and low-fat cranberry mayonnaise

DRINKS

MILK 4

Whole, 2% or skim milk

JUICE 4

Orange, apple, cranberry, or grapefruit

MINERAL WATER 5

Still or Sparkling

FRUIT SMOOTHIE 5

Strawberries, blueberries, and bananas blended with orange juice and honey

STRAWBERRY YOGURT MILKSHAKE 5

Strawberries with low-fat vanilla Greek yogurt

DESSERTS

FRUIT KEBABS 7

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

APPLE FRUIT SALAD 6

Cored apple filled with fresh fruit

ALCOHOLIC BEVERAGES

Available from 11: am to 11:00 pm Sunday -Thursday
and 11:am to 1:00 am Friday and Saturday
Touch Service Express

WHITE WINES



Oyster Bay Sauvignon Blanc NZ.	11	54
Peller Estates Chardonnay, VQA, B.C.	8	38
Alamos Chardonnay ARG.	9	40
Sandhill Pinot Gris, VQA, B.C.	10	48
Red Rooster Gewürztraminer B.C.	10	45
Calliope Rose, BC	10	48

RED WINES



Sandhill Cabernet Merlot, VQA, B.C.	11	42
Peller Estates Cab. Sauv., VQA, B.C.	8	38
Louis M Martini Cabernet Sauvignon CA.	11	54
McWilliams Hanwood Estate Shiraz AUS.	10	48
Oyster Bay Pinot Noir NZ.	12	59
Bodega Tamari Malbec ARG.	9	42

SPARKLING

Oyster Bay Brut Sparkling Wine NZ.	10	48
Moet & Chandon FR.		140
Veuve Cliquot		140
Lamarca Prosecco, IT.	11	54

BOTTLED BEER

DOMESTIC 7

Granville Island Lager
Granville Island Pale Ale
Molson Canadian
Kokanee
Budweiser
Coors Light
Bud light

IMPORT 8

Stella Artois
Heineken Lager
Corona Extra
Peroni

GLUTEN FREE & NON-ALCOHOLIC

Lakefront New Grist 8 
Schneider Weisse (Ger) Non- Alcoholic 7

CIDERS 9

Strongbow Apple Cider
Turning Point Cider

NON-ALCOHOLIC REFRESHMENTS

Evian Mineral Water 750 ml	6
Badoit Sparkling Water 1 L.	8
Evian 330 ml	5
Juice: Orange, Apple, Grapefruit, Cranberry	4
Soft drinks	4
Starbucks™ Regular or Decaf Coffee	4
Espresso, Americano, Cappuccino, Latte	5
Tazo™ Herbal Teas	4

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