

WESTIN

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

Breakfast

Available from 06:00AM to 11:30AM*. Dial Service Express®

Entrées

MUESLI PARFAIT 13.00

Fresh seasonal fruit compote, toasted streusel muesli, vanilla yogurt

WARM OATMEAL CRUMBLE 16.00

Canadian oats, seasonal fruit compote, vanilla yogurt, maple syrup, coconut & granola topping

QUINOA PORRIDGE 17.00

Spiced apple chutney, mascarpone cheese, honey, seeds of life

AVOCADO TOAST 14.00

Grilled sourdough, confit baby heirloom tomato, soft poached egg, arugula, frisee & balsamic

THE CANADIAN 17.00

Two eggs any style, choice of pork sausage, bacon, Canadian back bacon or ham

GRILLED VEGETABLE & EGG WHITE OMELETTE 18.00

Herb tomato, sautéed mushrooms, fresh fruit, choice of toast, english muffin or bagel

SUPER START 17.00

Two organic poached eggs, oven dried tomato, quinoa, fresh melon yogurt parfait with seeds of life, multigrain baguette

BUTTERMILK PANCAKES 16.00

Bourbon maple syrup, salted caramel sauce

PULLED CHICKEN HASH 17.00

Two eggs any style, roasted corn, peppers & onion

PEACH STUFFED FRENCH TOAST 18.00

Peach & mascarpone cheese stuffed brioche bread, fruit coulis, Quebec maple syrup

PECAN AND BANANA SPICED WAFFLE 17.00

Candied pecans, vanilla Chantilly, Quebec maple syrup

CONGEE 16.00

With choice of chicken or plain

Bayshore Benedicts

Two free run poached eggs, toasted english muffins

Smoked salmon, dill hollandaise 18.00

Canadian peameal bacon, classic hollandaise 18.00

Avocado & tomato, lemon hollandaise 17.00

Smoked pulled chicken, peppers & onion, chipotle hollandaise 18.00

Breads + Pastries

FRESHLY BAKED BAGEL 8.50

Philadelphia® cream cheese

TOASTED BREAKFAST BREADS 6.00

Traditional white, sourdough, whole wheat, multi-grain or english muffin

THE BAKERY BASKET 7.00

A buttery croissant, daily breakfast pastry, daily muffin, with butter, honey and preserves

Side Orders

Smoked bacon, breakfast sausage links or grilled ham 8.50

Crispy hash brown potatoes 7.50

Side of seasonal fresh berries 8.00

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.

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

A delivery charge of \$3.75, plus 15% gratuity and sales tax, will be added. All prices in CAD dollars.

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

Breakfast

Available from 06:00AM to 11:30AM*. Dial Service Express®.

Westin Fresh by The Juicery

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

Beetroot, blueberry, pomegranate, spinach & coconut water 8.00

Cucumber, spinach, romaine, lemon, basil & coconut water 8.00

Kale, spinach, banana, mango, cinnamon 8.00

Raspberries, strawberries, mint, orange blossom water, dates & almond milk 9.00

Fruits, Juices + Yogurts

Chilled grapefruit & honey 6.00

JUICE 5.50
Orange, grapefruit, apple, cranberry, tomato, V8

LOW-FAT YOGURT 9.00
Choice of fruit, berry or plain greek

MARKET FRESH FRUITS AND BERRIES 14.00
A bountiful selection of the season's best 

Cereals

ASSORTED DRY CEREALS 11.50
Vector, All Bran, Rice Krisps, Bran flakes, gluten free natural granola

Warm oatmeal 11.00

Coffee + Tea

STARBUCKS® COFFEE ☒
Freshly brewed regular or decaffeinated

Small Pot (3 cups) 6.00
Large Pot (6 cups) 9.50
Cappuccino, Latte or Americano 6.00
Espresso 5.50
Iced Coffee 5.50

ASSORTED TAZO® TEAS 5.50 ☒
English Breakfast, Earl Grey, Chai, Zen, Chamomile, Sweet Orange, Mint, Passion, Berry Blossom

Hot Chocolate 5.00

Westin Weekend Breakfast Menu

Saturdays & Sundays Until 03:00pm

MUESLI PARFAIT 13.00
Fresh seasonal fruit compote, toasted streusel muesli, vanilla yogurt 

GRILLED VEGETABLE & EGG WHITE OMELETTE 18.00
Herb tomato, sautéed mushrooms, fresh fruit, choice of toast, english muffin or bagel 

BUTTERMILK PANCAKES 16.00
Bourbon maple syrup, salted caramel sauce

WESTIN FRESH BY THE JUICERY
Beetroot, blueberry, pomegranate, spinach & coconut water 8.00

Cucumber, spinach, romaine, lemon, basil & coconut water 8.00

Kale, spinach, banana, mango, cinnamon 8.00

Raspberries, strawberries, mint, orange blossom water, dates & almond milk 9.00


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 06:00AM to 11:00PM. Dial Service Express®.

Breakfast

Available from 06:00AM to 11:30AM


BLUEBERRY & BANANA PANCAKE LOLLIPOPS 10.00
Banana & blueberry pancakes served with low-fat yogurt, fruit salad & syrup 

BUILD YOUR OWN GRANOLA PARFAIT 8.00
Low-fat vanilla greek yogurt, organic granola, strawberries, blueberries & raspberries 

HAM, EGG & CHEESE QUESADILLA 10.00
Two eggs, corn tortilla, low sodium ham, cheese & pico de gallo

Lunch or Dinner


Available from 11:30AM to 11:00PM

CHICKEN NOODLE SOUP 8.00
Fresh garden vegetables & thin whole wheat pasta 

PASTA WITH TURKEY BOLOGNESE 11.00
Whole wheat spaghetti with tomato sauce

WHOLE WHEAT PIZZA 11.00
Mozzarella cheese, cherry tomatoes, baby spinach, pineapple & low-sodium ham


FISH TACOS 13.00
Soft-shell, lean white fish tacos with tomato, lettuce, grilled corn, mango & pico de gallo 

CHICKEN & VEGGIE WRAP 12.00
Carrots, cucumber, bell pepper & avocado 

TURKEY SLIDERS 12.00
Grilled turkey burger served with carrots, celery sticks & low-fat cranberry mayonnaise

Dessert

BANANA CHOCOLATE PUDDING 7.00
Greek yogurt, strawberries & honey 

FRUIT KEBABS 7.00
Fresh fruit served with low-fat greek yogurt & a cornbread cookie 

LEMON CORNMEAL COOKIE WITH SORBET 7.00
Served with fresh fruit & 3 scoops of sorbet 

Drinks

FRUIT SMOOTHIE 6.00
Strawberries, blueberries & bananas blended with orange juice & honey

MILK 5.50
2%, homogenized, skim, soy, almond & chocolate

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

All-Day Dining

Available from 11:30AM to 11:00PM*. Dial Service Express®.

Appetizers

SAN MARZANO TOMATO SOUP 10.00
Basil crème 

SQUASH SOUP 10.00
Grilled scallion yogurt 

WHITE BEAN & ROSEMARY HUMMUS 10.00
Grilled flatbread 

 **BC DUNGENESS CRAB CAKE** 17.00
Arugula lemon remoulade sauce

SMOKED OLIVES 12.00
Rosemary infused, house hickory smoked olives


PULLED CHICKEN TACO 20.00
H2 rotisserie pulled chicken, guacamole, shredded cabbage, house made salsa verde, house BBQ potato chips, pico de gallo

 **WILD BC SALMON TACOS** 20.00
Pico de gallo, shredded cabbage, guacamole, jalapeño aioli, house BBQ potato chips 

Greens

BABY ROCKET AND FIELD GREENS 15.50
Little Qualicum goat cheese crumble, dried cranberries, gem tomatoes, cucumber, red wine vinaigrette

Add grilled wild BC salmon 9.00

BAYSHORE CLASSIC SALAD 23.00
Organic baby spinach, organic red quinoa, mikuni wild mushrooms, pickled red onion, free range egg, house rotisserie chicken, apple cider vinaigrette 

ORGANIC BEET SALAD 16.00
Organic red beets, organic golden beets, orange citrus dressing, frisee lettuce, bleu claire crème dressing, walnuts 

KALE CAESAR SALAD 16.00
Organic baby kale, crisp romaine hearts, crispy pancetta, focaccia croutons, grana padano, house caesar dressing

Add pulled chicken 7.00
Add sautéed prawns 7.00

Sandwiches

PRIME BLACK ANGUS BURGER 20.00
Sharp white cheddar, smoked bacon, garlic aioli, butter lettuce, organic steak tomato, dill pickle, red onion. Served with choice of homestyle fries or side green salad

TRUFFLE MUSHROOM BURGER 20.00
Aged white cheddar, garlic aioli, butter lettuce, organic tomato, dill pickle, red onion. Served with choice of homestyle fries or side green salad

PULLED CHICKEN PANINI 18.00
Smoked tomato romesco, gruyère cheese, baby spinach, house ciabatta bread. Served with choice of homestyle fries or side green salad 

GRILLED THREE CHEESE SANDWICH 16.00
Boursin, gruyère & provolone. Served with choice of homestyle fries or side green salad

All Day Breakfast

GRILLED VEGETABLE & EGG WHITE OMELETTE 18.00
Herb tomato, sautéed mushrooms, fresh fruit. Choice of toast, english muffin or bagel 

All-Day Dining


Available from 11:30AM to 11:00PM*. Dial Service Express®.

Favourite Plates

MAPLE HILLS FARMS HOUSE ROTISSERIE CHICKEN
QUARTER 23.00 | HALF 29.00
Served with house baked brioche, sea salted fries, coleslaw & pan gravy

STEAK FRITES 30.00
Grilled 9oz striploin, chimichurri, tossed greens, sea salted fries

 **MAPLE JUNIPER GLAZED BC SALMON** 36.00
Organic wild rice cake, watercress, shaved brussels sprouts, hazelnut dust 

WINTER SQUASH RAGU 22.00
Slow cooked and served with pappardelle pasta and grana padano 


Add pulled chicken 7.00

CHEF'S INSPIRATION
Our daily offering inspired by regionally farmed & seasonally harvested products

Dinner

Available from 06:00PM to 10:00PM

BEEF CARPACCIO 15.00
Certified angus beef tenderloin, micro arugula, truffle oil, maldon salt, parmesan shard, crostini

BAKED BRIE 16.00
Little Qualicum triple-cream brie wrapped in phyllo pastry, H2 Homegrown honey, crostini 

ALASKAN SABLEFISH 34.00
Fingerling potato, sautéed kale, roasted red pepper relish, house smoked tomato vinaigrette 

LAMB SHANK 36.00
Potato purée, roasted organic red beets, roasted brussels sprouts, merlot jus


STOUT STEAMED MUSSELS & ANDOUILLE SAUSAGE 26.00
Local craft stout beer, roasted garlic, herb tomato, heavy cream, served with grilled crostini 

Certified Angus Prime Beef

All steaks served are aged a minimum of 28 days. Raised without antibiotics or added hormones

8oz Tenderloin 45.00
9 oz Striploin 42.00

All steaks are served with truffle potato purée, asparagus, roasted tomato & merlot jus


Sautéed Prawns 10.00
 Qualicum Scallops 12.00

Options

Sea salted french fries 9.00
Roasted brussels sprouts with bacon and grana padano 8.00
Vegetable fried rice 11.00

Desserts

LOCAL STOUT STICKY TOFFEE PUDDING 11.00
Caramel sauce, cappuccino gelato

APPLE CRISP TRIFLE 11.00
Cinnamon & oat crumble, bourbon cream 

SOUR CHERRY CHOCOLATE CHEESECAKE 11.00
N.Y. Style Cheesecake with almond croquant

SELECTION OF GELATO ICE CREAM (TWO FLAVOURS) 6.00
Cappuccino, vanilla, chocolate, strawberry

MARKET FRESH FRUITS AND BERRIES 14.00
A bountiful selection of the season's best 

CHEESE PLATE 17.00
BC artisan cheeses with traditional condiments

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Late-Night Dining

Available from 11:00PM to 06:00AM*. Dial Service Express®.

Begin

SAN MARZANO TOMATO SOUP 10.00
Basil & crème 

ORGANIC FIELD GREENS 12.00
Gem tomato, cucumber, Little Qualicum goat cheese, red wine vinaigrette

MARGHERITA PIZZA 16.00
San Marzano tomato, Fontina, basil, extra virgin olive oil 

SPINACH SALAD 23.00
Organic baby spinach, pickled red onion, free range egg, H2 house rotisserie chicken, apple cider vinaigrette 

H2 PULLED ROTISSERIE CHICKEN WRAP 18.00
Lettuce, tomato, garlic aioli, whole wheat tortilla, Hardbite potato chips

SPINACH AND RICOTTA CANNELLONI 23.00
Tomato purée, grana padano

GF HAM AND CHEESE 16.00
Mustard aioli, Hardbite potato chip 

MARKET FRESH FRUITS AND BERRIES 14.00
A bountiful selection of the season's best 

ASSORTED DRY CEREALS 12.00
Choose from a variety, including gluten free

Finale

APPLE CRISP TRIFLE 11.00
Cinnamon & oat crumble, bourbon cream 

SELECTION OF GELATO ICE CREAM 9.00
Cappuccino, vanilla, chocolate, strawberry

FLOURLESS CHOCOLATE TORTE 11.00
Raspberry coulis

Options

Assorted chocolate bars 5.00
Hardbite potato chips 6.00

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Sleep Well Menu



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

SPINACH RED QUINOA FRISEE SALAD 14.00
Cottage cheese, tart cherries, walnuts, lemon vinaigrette

GRILLED WILD SALMON 30.00
Walnut, quinoa, pineapple, radish

TURKEY AVOCADO WRAP 18.00
Arugula salad, champagne vinaigrette

BEDTIME SNACK 10.00
Non-fat yogurt, walnut granola

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 and minerals that promote sound sleep, including:

TRYPTOPHAN
Boosts serotonin production and enhances sleepiness

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

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

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

THIAMIN
Important B vitamin that helps improve sleep patterns

SEROTONIN
Promotes relaxation and induces sleepiness

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Alcoholic Beverages

Available 24 hours a day. Dial Service Express®.

White	6oz	9oz	BTL	Red	6oz	9oz	BTL
PELLER ESTATES SAUVIGNON BLANC Okanagan Valley, BC, Canada	8	12	38	PELLER ESTATES "FAMILY SELECT" CABERNET/MERLOT Okanagan Valley, BC, Canada	8	12	38
MONKEY BAY SAUVIGNON BLANC Marlborough, New Zealand	13	19	58	SANDHILL ESTATE CABERNET/MERLOT Okanagan Valley, BC, Canada	10	16	52
PELLER ESTATES "FAMILY SERIES" CHARDONNAY Okanagan Valley, BC, Canada	9.5	12	43	AVERILL CREEK PINOT NOIR Okanagan Valley, BC, Canada	13	19	58
RED ROOSTER CHARDONNAY Okanagan Valley, BC, Canada	10	15	48	PROSPECT WINERY "ROCK WREN" PINOT NOIR Okanagan Valley, BC, Canada	11	14	52
RED ROOSTER RIESLING Okanagan Valley, BC, Canada	12	18	54	SANDHILL ESTATE SYRAH Okanagan Valley, BC, Canada	13	20	59
SANDHILL KING FAMILY VINEYARD PINOT GRIS Okanagan Valley, BC, Canada	11	16	50	SANTA JULIA RESERVA MALBEC Mendoza, Argentina	12.5	18	56

Sparkling

PROSECCO ZONIN 750ML | 58
Veneto DOC, Italy

SUMAC RIDGE "STELLAR'S JAY" BRUT 750ML | 69
British Columbia, Canada

*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 \$3.75, plus 15% gratuity and sales tax, will be added. All prices in CAD dollars.

Alcoholic Beverages

Available 24 hours a day. Dial Service Express®.

Beer

Bottle

Granville Island Brewing Lager 6.50
Granville Island Brewing Pale Ale 6.50
Parallel 49 Brewing Co. Gypsy Tears Ruby Ale 6.50
Phillips Brewing Pilsner 6.50
Red Truck Beer Indian Pale Ale 6.50

Spirits

375ML

Bombay Sapphire 32.00
Canadian Club 28.00
Johnnie Walker Red 32.00
Smirnoff 28.00

Cocktails

Mimosa 13.00

Non-Alcoholic Beverages

San Pellegrino
SMALL 4.00 | LARGE 9.00

POP 3.00
Coke, Diet Coke, Coke Zero, Sprite, Sprite Zero,
Ginger Ale, Club Soda, Sweetened Iced Tea

PHILLIPS CRAFTED SODAS 4.00
Rootbeer, Ginger Ale, Orange

MILK 5.50
Regular 2%, non-fat, chocolate, soy

Hot chocolate 5.00

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Hotel Venues

H2 Rotisserie + Bar

H2 Rotisserie & Bar offers upscale home-style food and local beer & wine on tap. With a focus on fresh, local ingredients, H2 features signature mouth-watering Maple Hill Farms rotisserie chicken as its flagship offering. This is complemented nicely by completely local beverage offerings that include beer, cider, wine, crafted cocktails and even Kombucha on tap. With a comfortable atmosphere including modern contemporary décor and an unrivaled location directly off of Vancouver's gorgeous Seawall, H2 is an ideal spot to relax, unwind and indulge. The wide selection of hearty menu offerings can be served as individual portions or communal, family-style fare for those that are keen to share. Be sure to save room for dessert as there are several unique and tasty options carefully crafted to please those looking to satisfy their sweet tooth.

LOCATION

Centrally located on the lobby level of the hotel.

HJU:Z – Opening Fall 2017

Visit the hotel's alluring lobby lounge for creative cocktails, rare wines and globally-inspired cuisine. Inspired by eccentric philanthropist and entrepreneur, Howard Hughes, the concept, menu and design pay tribute to this iconic individual. The unparalleled location, just off of the Vancouver Seawall, is one Hughes himself enjoyed during his time spent here at The Bayshore in the seventies. Hughes' passion for world travel and aviation are reflected in the vibrant beverage and culinary offerings, taking patrons' palates on adventures to places he visited often, such as New York, Paris and Russia. Take flight with us.

LOCATION

Centrally located on the lobby level of the hotel.

