

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

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 pecan, 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 11:30PM. Dial Service Express®.

Breakfast

Available from 06:00AM to 11:30AM

BLUEBERRY & BANANA PANCAKE LOLLIPOPS 10.00
Banana & blueberries 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 AND 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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All-Day Dining

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

Appetizers

SAN MARZANO TOMATO SOUP 10.00
Basil crème 

MUSHROOM BISQUE 11.00
Truffle oil

SUMMER FIELD GREENS 12.00
Little Qualicum goat cheese crumble, fresh strawberry, honey scallion vinaigrette

 **BC DUNGENOUS CRAB CAKE** 17.00
Watercress, remoulade sauce, lemon wedge

CHILLED TIGER PRAWNS 20.00
Spicy gazpacho vinaigrette, baby rocca

 **WILD BC SALMON TACOS** 20.00
Pico de gallo, shredded cabbage, guacamole, jalapeno aioli, house tortilla chips

Greens

BAYSHORE CHICKEN COBB SALAD 23.00
Smoked egg, gem tomatoes, avocado, iceberg, blue claire dressing, pancetta crisp

 **BC WILD SALMON & RED QUINOA SALAD** 23.00
Field greens, avocado, gem tomato, roasted corn, shallot & lime vinaigrette 

HEART OF ROMAINE CAESAR 22.00
Warm focaccia croutons, crispy pancetta, caper lemon vinaigrette with garlic prawns or pulled chicken

Sandwiches

PRIME BLACK ANGUS BURGER 19.00
Sharp cheddar, smoked bacon, aioli, challah bun

PULLED CHICKEN PANINI 18.00
Cured tomato, avocado purée, scallion loaf

GRILLED CHEESE 16.00
Gruyere & mozzarella

All Day Breakfast

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

Favorite Plates

MAPLE HILLS FARMS HOUSE ROTISSERIE CHICKEN
QUARTER 18.00 | HALF 24.00
House baked brioche, sea salted fries, coleslaw & pan gravy

STEAK FRITES 30.00
Grilled 8oz CAB Striploin, chimichurri, tossed greens, sea-salted fries

SEAFOOD LINGUINE 24.00
Tomato-cream, dungeness crab, saltspring mussels, jumbo prawn

 **WILD BC SALMON** 30.00
Warm roasted corn & fingerling potato salad, bacon vinaigrette 

MUSHROOM RISOTTO 21.00
Spring pea, truffle oil, parmesan shard

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

All-Day Dining

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

Dinner

Available from 06:00PM to 10:00PM

BEEF CARPACCIO 14.00
Micro arugula, capers, parmesan shard, truffle oil

 **SALMON TARTAR** 16.00
Avocado, balsamic vinegar, micro greens 

 **HERB CRUSTED LING COD** 28.00
White Bean & pancetta ragout 

LAMB SIRLOIN 34.00
Mint pea purée, red jacket mash, fraser valley mushroom

SEAFOOD GRILL 34.00
King prawn, salmon, scallop, pencil asparagus, house chips, lemon butter sauce

Certified Angus Prime Beef

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

8oz Tenderloin 44.00
9 oz Striploin 42.00
12oz Ribeye 45.00

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

Jumbo Prawn 10.00
 Qualicum Scallops 12.00
 Dungeness Crab Meat 10.00

Options

Sea-salted french fries 9.00
Grilled asparagus & parmesan 8.00
Vegetable fried rice 11.00

Desserts

CARROT GINGER CAKE 11.00
Orange cream cheese icing, spiced pecan, panna cotta sorbet

POTTED CHOCOLATE MOUSSE 11.00
Cookie crumble, mint

SALTED CARAMEL POPCORN CHEESECAKE 11.00
Dulce De Leche, Vancouver Island Salt Co. fleur de sel

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 BOARD 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 

SUMMER FIELD GREENS 12.00
Fresh strawberry, cucumber,
honey scallion vinaigrette

MARGHERITA PIZZA 16.00
San marzano tomato, confit garlic, fontina, basil,
extra virgin olive oil

BAYSHORE CHICKEN COBB SALAD 23.00
Smoked egg, gem tomatoes, avocado, iceberg,
blue claire dressing

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

SPINACH AND RICOTTA CANNELLONI 23.00
Tomato purée, grada padano, crisp basil

HAM & CHEESE SANDWICH 16.00
Gluten free bread, cheddar cheese, mustard, mayo,
pickle 

FRESH MARKET BERRIES AND FRUIT 14.00
A selection of the seasons best

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

Finale

POTTED CHOCOLATE MOUSSE 11.00
Cookie crumble, mint

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

FLOURLESS CHOCOLATE TORTE 11.00
Raspberry coulis

Options

Assorted Chocolate Bars 5.00
Assorted Gummies 8.00

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 Wines

	6oz	9oz	BTL
MONKEY BAY SAUVIGNON BLANC Marlborough, New Zealand	13	16	49
PELLER ESTATES "FAMILY SERIES" CHARDONNAY Okanagan Valley, BC, Canada	9.5	12	43
PELLER ESTATES SAUVIGNON BLANC Okanagan Valley, BC, Canada	8	12	38
RED ROOSTER CHARDONNAY Okanagan Valley, BC, Canada	10	15	48
RED ROOSTER RIESLING Okanagan Valley, BC, Canada	12	18	54
SANDHILL KING FAMILY VINEYARD PINOT GRIS Okanagan Valley, BC, Canada	11	16	50

Sparkling

PROSECCO ZONIN 750ML 58 Veneto DOC, Italy
SUMAC RIDGE "STELLAR'S JAY" BRUT 750ML 69 British Columbia, Canada

Reds

	6oz	9oz	BTL
PELLER ESTATES "FAMILY SELECT" CABERNET/MERLOT Okanagan Valley, BC, Canada	8	12	38
PROSPECT WINERY "ROCK WREN" PINOT NOIR Okanagan Valley, BC, Canada	11	14	52
SANDHILL ESTATE CABERNET/MERLOT Okanagan Valley, BC, Canada	10	15	50
SANDHILL ESTATE SYRAH Okanagan Valley, BC, Canada	13	20	59
SANTA JULIA RESERVA MALBEC Mendoza, Argentina	12.5	18	56
SANDHILL KING FAMILY VINEYARD PINOT NOIR Okanagan Valley, BC, Canada	13	17	55

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

350ML

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

Cocktails

Mimosa	13.00
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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

*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.

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Hotel Venues

H2 Rotisserie + Bar

H2 Rotisserie & Bar is the city's newest hot spot for upscale comfort food and local beer and wine on tap. Located just off Vancouver's iconic Seawall, enjoy poolside garden views in the Burrard Inlet from our comfortable dining hall or expansive patio. Tuck into a portion of our tasty flagship rotisserie, refreshing local drinks on tap, and shareable plates of contemporary favorites.

HOURS

Open 7 Days a Week

Breakfast	06:30AM - 11:30AM
Lunch	11:30AM - 05:00PM
Dinner	05:00PM - 10:00PM (Kitchen closes at 11:00PM)
Weekend Brunch	11:30AM - 05:00PM
Lounge	11:30AM - 11:00PM

LOCATION

Centrally located off our main lobby overlooking the outdoor pool, and courtyard.

Starbucks Coffee

Enjoy not only coffee, but pastries and light eats as well. The perfect location for a quick meeting, or snack.

HOURS

Open 7 Days a Week

06:00AM - 06:00PM

LOCATION

Located in our retail foyer, with easy access to the Seawall.

