

## Breakfast Entrées

### CANADIAN BREAKFAST TABLE 26.00

A full selection of natural ingredients including a full assortment of fresh breads and Viennese pastries, smoked salmon, Québec cheeses and cured cold cuts, fresh fruit, berries and low-fat yogurt, cereal, oatmeal, and a selection of hot meals including made-to-order omelets, Starbucks coffee and a selection of herbal teas

### PANCAKES 16.00

Homemade banana granola pancakes, citrus berry salad and Québec maple syrup

### WESTIN WAFFLE 16.00

Crispy Belgian style waffle topped with caramelized apples and Québec maple syrup

### FRENCH TOAST 16.00

Cinnamon infused brioche French toast with blueberry compote and Québec maple syrup

### MONTREAL STYLE BAGEL 17.00

A toasted Montréal bagel with Atlantic smoked salmon, cream cheese, tomato, avocado and microgreens

### AVOCADO TOAST WITH POACHED EGG 15.00

Avocado toast topped with a soft poached egg, cracked pepper mesclun salad and cherry tomatoes (Gluten free option available)

### CLASSIC TWO EGGS BREAKFAST 15.00

Two organic eggs any style, choice of Canadian bacon, Applewood smoked bacon, or sausage and served with a crispy hash brown and choice of toast

### EGG WHITE OMELET 15.00

Broccoli, tomato, old cheddar and spring salad (Gluten free)

### THREE EGGS OMELET 16.00

Three organic eggs omelet with choice of peppers, onion, mushroom, spinach, tomato, broccoli and cheddar or Swiss cheese. Choice of side Canadian bacon, Applewood smoked bacon or sausage and served with crispy hash brown and toast

### LE WESTIN BENEDICT 18.00

Poached organic eggs, smoked salmon, English muffin topped with a citrus hollandaise sauce

### SIGNATURE FILET MIGNON AND EGG 22.00

4oz Angus Filet Mignon, topped with an over-easy organic egg, wilted spinach, and shaved parmesan cheese

### CHORIZO & BACON SKILLET 17.00

Scrambled eggs, with sautéed onions, tomato, mushrooms, chorizo sausage, bacon, potato and Swiss cheese.

## SIDE ORDERS

Applewood smoked bacon, sausage or ham 6.00  
Potatoes, hash brown or tomatoes 6.00  
Cheddar, cottage cheese or cream cheese 7.00  
Half grapefruit 5.00  
Individual low-fat yogurt – plain or flavoured 5.00  
Assorted cereal 10.00  
served with fresh berries and choice of milk

## Breads + Pastries

### HEALTHY CONTINENTAL BREAKFAST 19.00

An assortment of fresh breads, Viennese pastries fresh fruit, cereal, low-fat yogurt and fruit juices. Starbucks coffee and a selection of herbal teas

### HOMEMADE PASTRIES BASKET 12.00

Choice of 3 homemade pastries: butter croissant, Danish of the day, chocolate croissant or muffin

### BASKET OF TOAST 6.00

Choice of white, wheat, multigrain, or rye  
\*gluten free toasted in gluten free toaster 8.00

## Smoothie Bowls

### THE GREEN BOWL 15.00

Low-fat Greek yogurt, spinach, avocado, green apple, pineapple, topped with raspberries, toasted almonds, flax seed, banana, apple and pineapple

### BUILD YOUR OWN SMOOTHIE 10.00

Choice of orange, banana, blueberries, pineapple and strawberries

### FRUIT PLATE 16.00

Seasonal market fresh cut fruit with banana bread and cottage cheese (gluten free option available)

## 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.

### FRESH JUICES

Carrot, orange and turmeric juice 9.00  
Beet, apple, lemon and ginger juice 9.00

### SMOOTHIES

Strawberries, banana, goji berries and coconut milk 10.00  
almond milk, mango and spinach 10.00

### BEVERAGES

Tropicana orange, grapefruit, apple, cranberry, pineapple, V8, or tomato 5.00  
Whole milk, 2% milk, skim milk, soy milk, almond milk, or chocolate 5.00  
RISE ginger kombucha 7.00

## Coffee + Tea

Regular or decaffeinated Starbucks coffee 5.00

Assortment of teas, decaffeinated and herbal 5.00

Espresso 5.00

Double Espresso, cappuccino or latté 6.00

# EAT WELL MENU

Our Chef has crafted these delicious dishes with your well-being in mind, giving you the freedom to choose when it comes to portion size, nutritional balance and quality of ingredients.

### OVERNIGHT OATS/MUESLI

Half 10.00 | Full 14.00  
Muesli made from overnight oats with apple, dried fruit, carrot, walnuts, almond milk, raisins and low-fat vanilla yogurt

### WESTIN OATMEAL

Half 7.00 | Full 10.00  
Hot whole grain oats, with banana cranberries, chia seed, almond milk, wild honey, granola and roasted nuts

### SPANISH OMELET SKILLET

Half 12.00 | Full 18.00  
3 eggs (1 whole/2 white), peppers, onions, turkey bacon, sweet potato, rosemary and served with low-fat natural Greek yogurt and mesclun salad

## OUR SOURCING PROMISE

We actively seek out suppliers we trust, to source ethical, sustainable and organic ingredients wherever possible.

