



feed the body  
nourish the soul  
in room dining

**WESTIN**<sup>®</sup>  
HOTELS & RESORTS



A delivery charge of 2.50, plus 15% gratuity and sales tax will be added

# breakfast

available from 6am to 11am  
touch service express®

## superfoods breakfast

our superfoods breakfast menu features revitalizing dishes made from powerhouse ingredients rich in nutrients, antioxidants and delicious taste so you can start your day feeling recharged

### blueberry banana smoothie

immune boosting blend of ripe fruit, soy & yogurt garnished with fresh strawberries

6

blueberry apple and banana muesli  
with fresh strawberries

6

toasted almond granola parfait  
yogurt, berries and sprinkled with dried blueberries

6

steel cut oatmeal with banana, pecans and cinnamon

6

### egg white omelet

broccoli and cheddar, grilled tomato, hash browns or seasonal fresh cut fruit salad

17

## essential

selection of juices, fresh cut fruits, fresh daily bakery selection, butter and jams, fresh brewed starbucks coffee or tazo tea

14

## westin lifestyle

fresh cut fruit, yogurt and beverage

13

## market fresh cut fruit

a bountiful selection of fruits and berries

8

## rejuvenate

### farm fresh eggs a la carte

two eggs as you like, smoked bacon, sausage or grilled ham and crisp hash browns or seasonal fruit salad

15

### nova scotia smoked salmon eggs benedict

toasted english muffin topped with smoked salmon, poached eggs and gratineed with hollandaise

16

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# breakfast

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crisp belgian waffle  
your choice of plain or whole wheat, topped with  
roasted apples, pecans, whipped cream and warm nova  
scotia maple syrup  
14

westin nova scotian omelet  
sautéed mushroom, shrimp & scallop with grilled  
tomato, hash browns or seasonal fresh cut fruit salad  
17

golden buttermilk pancakes  
dusted with icing sugar and warm maple syrup  
13

eggs nova  
two eggs as you like, nova scotia smoked salmon, crisp  
hash browns or seasonal fresh cut fruit salad  
16

## options

low fat yogurt, plain or berry	3
extra bacon, sausage or ham	4
extra hash browns	3
assorted dry cereals	5

freshly baked mini pastries, croissant, muffin,  
multi-grain, whole wheat, white toast or english muffin 4

## revive

freshly brewed starbucks coffee  
small pot 6.50  
large pot 7.50

tazo tea 6.50

milk non fat, 2%, soy or chocolate 3

## juice

orange, grapefruit, cranberry, apple or tomato 3

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# all day dining

available from 11.00am to 11.00pm  
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## start

soup of the day  
from the chef's stock pot  
6

seafood chowder  
maritime chowder/shrimp /scallops/mussels  
12

spinach salad  
fresh strawberry/roasted almonds/  
goat cheese/champagne dressing  
10

caesar salad  
crisp romaine/crouton/shaved parmesan/bacon/  
house made dressing  
8  
add chicken +3 add shrimp +4

mussels  
sambro steamed mussels  
white wine garlic sauce or thai red curry sauce  
10

crab cake  
corn salsa/ancho aioli/pea shoots  
12

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# all day dining

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next

all next items are served with your choice of fries,  
sweet potato fries or salad

angus beef burger

8oz. 100% angus beef/lettuce/bacon/tomato /  
red onion/sautéed mushroom/  
applewood smoked cheddar/brioche bun

15

fish and chips

pale ale beer battered/coleslaw/tartar sauce

15

(c)hicken (l)ettuce (u)nder (b)acon

choice of wrap or sandwich

pulled chicken/tomato/lettuce/bacon /  
applewood cheddar

12

philly steak sandwich

shaved beef/red peppers/onions/mushrooms/  
swiss cheese/hoagie bun

15

vegetarian goat cheese penne pasta

sun-dried tomatoes/peppers/red onion/ asparagus  
/spinach/ /pine nuts/basil cream sauce

18

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# all day dining

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## mains

all main items are served with rice or potato  
and vegetable of the day

12oz. angus beef striploin  
westin style: roasted garlic spice mix/  
sautéed onion/mushrooms/demi glace/  
garlic mashed potato  
31

chermoula pan fried haddock  
moroccan spice/mashed potato/rice or side salad  
23

## end

white chocolate molten cake 9  
warm white chocolate cake/raspberry crème anglaise

cheesecake sampler 7  
new york style/turtle/raspberry

nova scotian cheese 19  
fox hill fenugreek havarti/ dill chives havarti/  
cranberry cheddar/smoked gouda /garlic quark/  
dutchman's dragons' breath

fillet of atlantic salmon  
seared/blackened/mango salsa/rice or  
baked/lemon pepper/dill cream/rice  
22

thai red curry pork  
thai style hot curry marinated pork stew/ rice  
21

all day breakfast  
two eggs as you like, smoked bacon,  
sausage or grilled ham and crisp hash browns  
14

chefs crème brûlée 8

fudge brownie sundae 8  
chocolate brownie /chocolate fudge/  
vanilla ice cream/strawberry/whipped cream

fox hill gelato 6  
chocolate/ vanilla/coffee/mango

citrus flavour fresh fruit medley 8

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# the westin kid's club

breakfast from 6:30am - 11.00am  
lunch or dinner available from 11.00am-10.00pm  
touch service express ®

## breakfast

your cereal favourites (dry or oatmeal)  
with seasonal fruit or sliced banana  
3

pancakes or waffles served with warm maple syrup  
3

full breakfast  
one egg any style with your choice of ham, bacon or  
sausage  
4

## lunch or dinner

all meals are served with carrot and celery sticks

soup  
just a cup of soup 3

crispy chicken bites  
all white meat strips ready for dipping in bbq or plum  
sauce 4

noodles with butter and parmesan cheese 4

gooey grilled cheese and fries  
hot, toasty and loaded with melted cheese 3

mini burger and fries  
have it plain or add cheddar and bacon 4

pb & j sand wedge with fresh fruit 3

## dessert

vanilla ice cream with whipped cream 4  
kids yogurt 4

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# late night menu

available from 11.00pm-6.00am  
touch service express ®

## intro

field greens salad  
cucumber/cherry tomato/ shredded carrot/raspberry vinaigrette  
7

soup of the day  
6

## next

chicken gouda sandwich  
chicken breast/smoked gouda cheese/tomato/lettuce  
14

westin works pizza  
7" crust/tomato sauce/peppers/red  
onion/mushrooms/olives/pepperoni/cheddar/mozza  
12

penne pasta  
sundried tomatoes/peppers/red onion/goat cheese cream sauce  
18

## end

cheesecake sampler 7  
with arabica infused crème anglaise

white chocolate molten cake 9  
raspberry crème anglaise

nova scotian cheese platter 19  
fox hill fenugreek havarti/ dill chives havarti/  
cranberry cheddar/smoked gouda /garlic quark/  
dutchman's dragons' breath blue

citrus flavoured fresh fruit medley 8

freshly brewed starbucks coffee  
small pot 6.50  
large pot 7.50

tazo tea 6.50

milk  
non fat, 2%, soy or chocolate 3

juice  
orange, grapefruit, cranberry, apple or tomato 3

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# wine, beer and bottled spirits

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please contact in room dining for a complete range of popular imported and domestic beers and our seasonal variety of wines by the glass and by the bottle. We also feature a premium collection of spirits and liqueurs, as well as a reserve wine list.

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