

elements

breakfast buffet

available daily from 6:30 am to 10:30 am includes juice, coffee or tea
choose from our cold selection \$13.95 or full hot buffet breakfast \$17.25


breakfast a la carte available daily from 6:30 am to 11:00 am

invigorate

blueberries banana smoothie 
immune boosting blend of ripe fruit, soy & yogurt
garnished with fresh strawberries
6

market fresh cut fruit bowl 
a bountiful selection of seasonal fruit with fresh
blueberries
8

toasted almond granola parfait 
yogurt sprinkled with dried blueberries
6

rolled oatmeal 
with banana, pecans and cinnamon
6


berry, apple and banana muesli 
with fresh strawberries
6

rejuvenate

farm fresh eggs a la carte
two eggs as you like, smoked bacon, sausage or
grilled ham and crisp hash browns or seasonal
fresh cut fruit salad
15

eggs benedict
toasted english muffin topped with peameal
bacon, poached to preferred doneness eggs,
gratined with hollandaise
17

create your own soft rolled omelet*
ham, cheese, tomato, onion, mushroom &
peppers, served with hash browns or seasonal
fresh cut fruit salad
16

elements egg white omelet 
broccoli and cheddar, grilled tomato, hash
browns or seasonal fresh cut fruit salad
17


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

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

steak & eggs
6oz strip loin cooked to preferred doneness, two
eggs, hash browns or seasonal fresh cut fruit
salad
20

banana bread french toast
with sautéed banana and warm maple syrup
15

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




superfoods


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|-------------|----------|
| blueberries | tomatoes |
| yogurt | oats |
| salmon | nuts |
| soy | apples |

***superfoods** are foods that are considered best for providing the most immune boosting and health-enhancing benefits due to their high nutrients and antioxidants content.

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

fresh brewed starbucks coffee
3
tazo tea
3
juice
3
sunkist orange, apple, grapefruit 
3
milk*
2%, skim, soy or chocolate
3

