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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



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.

Breakfast

Available from 6:00AM to 11:00AM*. Dial Service Express®.

Entrées


THE WESTIN CONTINENTAL 16

Choice of freshly squeezed orange, grapefruit or apple juice; bowl of fresh fruit; choice of assorted pastries, toast or bagel served with butter and fruit preserves and freshly brewed coffee or tea

MALTED WAFFLE 14

Served with warm strawberry Romanoff, whipped cream and maple syrup


ORANGE GRANOLA PANCAKES 14.75

Mixed berries, maple syrup and whipped butter 

ORANGE CINNAMON FRENCH TOAST 14

Served with maple caramelized apples and cranberries


SMOKED SALMON AND TOASTED BAGEL 14

Sliced beefsteak tomato, red onion, capers, hardboiled egg and cream cheese 

MARKET FRESH FRUITS AND BERRIES 9

A bountiful selection of the season's best  GF

BERRY, APPLE AND GRANOLA MUESLI 10

Low-fat vanilla yogurt, banana and walnuts 

THE TYSONS** 15

Two eggs any style with hash brown potatoes, your choice of breakfast meat and toast, bagel or English muffin

EGG WHITE OMELET WITH YOUNG SPINACH 15

Folded with sautéed onions and low-fat cheddar cheese, mini tomato and arugula salad  GF

ORGANIC PASTEL EGG WHITE AND ALL-NATURAL TURKEY OMELET 16

Arugula, low-fat cheddar cheese, tomato and avocado salad  GF


CREATE-YOUR-OWN OMELET 15.5

Three egg omelet with your choice of 4 toppings: diced onions, peppers, spinach, mushrooms, jalapeños, tomato, bacon, ham or cheddar cheese


SCRAMBLED EGGS AND SALMON TACO 17

Avocado, salsa picante, queso fresco 

EGG WHITE TURKEY WRAP 16

Scrambled egg whites, spinach, tomatoes and cheddar cheese in a flour tortilla, tomato and arugula salad 

FRUIT ENERGIZER 6

Pineapple, strawberry and banana smoothie with low-fat vanilla yogurt, milk and honey 

GREEN VEGETABLE AND FRUIT JUICE 8

Cucumber, spinach, apple and pineapple 

Breads + Pastries

Served with butter and fruit preserves

THE BAKERY BASKET 8

Danish pastry, croissant, daily muffin, your choice of sourdough, multi-grain, rye, wheat or white toast

FRESHLY BAKED BAGEL 5

With Philadelphia® cream cheese

Side Orders

Crispy Hash Brown Potatoes 3

Bowl of Season's Best Field Grown Berries 9  GF

Smoked Bacon, Grilled Ham, Turkey Sausage, Chicken Andouille Sausage or Link Sausage 7

Single Egg Any Style** 3 GF

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

A delivery charge of \$3, plus 22% gratuity and sales tax, will be added. All prices are subject to change and in U.S. dollars.

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Westin Fresh by The Juicery

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

Beetroot, Acai, Pomegranate, Spinach & Coconut Water 6.5

Carrot, Orange, Ginger, Turmeric & Mango 6.5

Raspberries, Strawberries, Mint, Rosewater, Dates & Almond Milk Smoothie 6.5

Spinach, Kale, Banana, Mango, Cinnamon Smoothie 6.5

Fruits, Juices + Yogurts

Freshly Squeezed Orange Juice or Grapefruit Juice 5

Tomato, V8, Pineapple or Apple Juice 5

Seasonal Whole Fruits 1

Nonfat or Fruit Yogurt 5

Cereals

Raisin Bran, Corn Flakes, Rice Krispies®, Froot Loops®, Frosted Flakes®, Cheerios®, Wheaties®, Granola with your choice of whole milk, 2% or skim 6

STEEL CUT CINNAMON-SCENTED OATMEAL 10
Green apples, walnuts and honey drizzle 

Coffee + Tea

Freshly brewed Starbucks® blend Coffee, Regular or Decaffeinated

Coffee and Tea by the Pot

Small Pot (3 cups) 6

Large Pot (6 cups) 10

Espresso 2

Cappuccino 4.5


Cafe Latte 4.55

ASSORTED TAZO® TEAS 6
English Breakfast, Green, Passion, Chamomile, Earl Grey, Sweet Orange or Mint

Westin Weekend Breakfast Menu

Weekends last longer at Westin hotels, with extended breakfast hours until 3:00PM.* Whether you sleep in and slow down or jump-start your day with a WestinWORKOUT®, you can dine at your own pace.


FRUIT ENERGIZER 6

Pineapple, strawberry and banana smoothie with low-fat vanilla yogurt, milk and honey 

DELUXE CONTINENTAL 16

Assorted pastries, toast or bagel, bowl of fresh fruit and berries and your choice of juice and a beverage

EGG WHITE AND YOUNG SPINACH OMELET 16

Folded with sautéed onions, low-fat cheddar, mini tomato arugula salad 

ORANGE-CINNAMON-SCENTED

FRENCH TOAST 15
Caramelized apples and cranberries, pure maple syrup

YOGURT 5

Choose from low-fat fruit, berry or Greek 

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 This recipe has been created and tested in the SuperChefs kitchens by the SuperChefs kids.


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 6:30AM to 10:00PM. Dial Service Express®.

Breakfast

Available from 6:00AM to 11:00AM

BLUEBERRY & BANANA PANCAKE LOLLIPOPS 8.5
Banana and blueberries cooked into pancake and served with low-fat yogurt, fruit salad and syrup

BABY SPINACH & CHEESE OMELETTE 10
Served with fruit salad 

BUILD-YOUR-OWN GRANOLA PARFAIT 8.5
Low-fat vanilla Greek yogurt, organic granola, strawberries, blueberries and raspberries 

Lunch or Dinner

Available from 11:00AM to 10:00PM

GRILLED TURKEY BURGER 8.5
With lettuce, tomato, oven-roasted sweet potatoes and vegetable crudités

CHICKEN COBB SALAD 8.5
Mixed greens, chicken, egg, cheese, avocado and cherry tomatoes with low-fat dressing

PITA CHIPS & CRISP VEGETABLES 6.5
Served with hummus and low-fat yogurt dip

CHICKEN QUESADILLA 7.5
Served with rice, black beans and pico de gallo

GRILLED CHICKEN WITH PASTA 11.5
Chicken and whole wheat pasta served with tomato sauce, broccoli and Parmesan cheese

FRIED WILD RICE WITH SEAFOOD AND FRIED EGG 17
Served with prawns, squid, scallops, carrot and spring onions

Dessert

LEMON CORNMEAL COOKIE WITH SORBET 6
Served with fresh fruit and 3 scoops of sorbet

BERRY PARFAIT 6.5
Low-fat Greek yogurt and mixed berries with steel cut oats 

FRUIT KEBABS 6.5
Fresh fruit served with low-fat Greek yogurt and a cornbread cookie

Drinks

MILK 3
Regular, 2%, non-fat, chocolate or soy

JUICE 3
Apple, cranberry or orange

FRUIT SMOOTHIE 5
Strawberries, blueberries and bananas blended with orange juice and honey 

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All-Day Dining

Available from 11:00AM to 12:00AM*. Dial Service Express®.

Begin

BLUE CRAB CAKES 13

Pear tomatoes, frisée salad and chipotle remoulade

CHILLED SHRIMP COCKTAIL 11

Spicy cocktail sauce and lemon

HOT WINGS 11

Traditional buffalo style or Asian Kalbi style


MEDITERRANEAN MEZZA 9

Hummus, Kalamata olives, feta, pita

POACHED EGGS ON A BED OF ASPARAGUS** 12

Sugar snap peas, shiitake mushrooms, lemon vinaigrette  GF

VINE RIPE TOMATO CAPRESE 10

Fresh mozzarella, frisée, extra virgin olive oil  GF

CHICKEN QUESADILLA 12

Stone ground white flour tortilla, blend of three cheeses, grilled onion and peppers, served with guacamole, salsa and sour cream

RICH OLD-FASHIONED TOMATO SOUP 5

Basil and low-fat Greek yogurt 

DAILY MARKET SOUP 5

Greens

MARKET FIELD GREENS 8

Tossed with oranges, pear, walnuts and shaved asiago cheese with house citrus vinaigrette


HEART OF ROMAINE CAESAR SALAD 9

Shaved parmesan, crunchy focaccia croutons

With grilled shrimp 17

With chicken 14

CHICKEN CHOP SALAD 14

Romaine, radicchio, chickpeas, boiled eggs, cucumbers, gold beets, corn, kale, soppressata, aged provolone, creamy oregano vinaigrette 

FRESH SALAD NICOISE 10

Romaine wedge, Kalamata olives, French beans, sweet potatoes, feta cheese and roasted peppers and onions in citrus dressing

With tuna** or salmon 16

With filet of beef** 19

Entrées

PAN ROASTED BREAST OF CHICKEN 19

With garlic mashed potatoes, seasonal vegetables and cabernet demi

GRILLED FRESH CATCH 26

Daily preparation

FLAMED SIGNATURE STEAK** 36

14 oz. center cut ribeye steak rubbed in island spices, Idaho shoestring potatoes, garlic herb butter and seasonal vegetables


FILET MIGNON** 36

8 oz. center cut filet of beef, mashed Yukon gold potato, seasonal vegetables and cabernet reduction

GRILLED COLORADO LAMB CHOPS** 34

Creamy potatoes, wild mushrooms, beluga lentils and fig demi-glace

ROASTED SALMON 21

Over cucumber, watercress, fingerling potatoes, zucchini, apples, tomatoes, kale chips, lemon vinaigrette  GF

FARM TO TABLE SEASONAL LOCAL MARKET VEGETABLES 16

Chef's preparation

GEORGE'S BANK SCALLOPS** 24

Pan seared, quinoa, fennel, corn, roasted peppers, haricot vert, pear tomatoes, pesto and white wine  GF

WOK SEARED VEGETABLES WITH BROWN RICE 16

Soy glazed tofu, edamame, market vegetables and fried egg  GF

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All-Day Dining

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Sandwiches

FLAME GRILLED WAGYU BURGER** 15

Your choice of cheddar, Swiss, American, provolone or blue cheese, lettuce, tomato, onion on brioche bun

GRILLED CHICKEN PANINI 12

Onion, tomato, provolone cheese and rosemary aioli; served with sea-salted French fries or side salad


GRILLED CHICKEN WRAP 12

Field greens, roasted vegetables, mozzarella cheese and pesto aioli

TURKEY BLT CROISSANT 12

Smoked bacon, provolone cheese, roasted turkey, lettuce and tomato

CHIPOTLE CHICKEN TACOS 14

Soft tortilla, cheddar and jack cheese, roasted pepper, onions and chipotle aioli. Served with sour cream, salsa, guacamole 

Pizza + Flatbreads

STONE FIRED PIZZA

Vegetable 14

BBQ Chicken 14

Grilled Shrimp 16

FLATBREADS 11

Your choice of vegetable, BBQ Chicken, grilled shrimp or margarita

Side Orders

SEA SALTED FRENCH FRIES 3

MARKET VEGETABLES 3

PAN ROASTED BRUSSELS SPROUTS WITH BACON AND ONION 5

CREAMY MASHED POTATOES 3

BROWN RICE 3

FRESH ASPARAGUS WITH LEMON OIL 5

Desserts

WARM MACADAMIA NUT FLAN 8

Raspberry coulis

TRADITIONAL APPLE STRUDEL 7

Cinnamon, walnut and caramel

FLOURLESS CHOCOLATE CAKE 8

Chocolate sauce GF

NEW YORK STYLE CHEESECAKE 7

Seasonal berry compote

CHOCOLATE MOLTEN LAVA CAKE 10

Pistachios and chocolate sauce

FRESH SEASONAL BERRIES 9

Raspberry coulis  GF

HÄAGEN DAZS ICE CREAM 6

2 Scoops of your choice of chocolate, vanilla or strawberry

Beverages

Freshly brewed Starbucks® blend Coffee, Regular or Decaffeinated

Small Pot (3 cups) 6

Large Pot (6 cups) 10

Espresso Single 2 Doppio 3

Cappuccino 4.5

Cafe Latte 4.55

SODA 3.5

Coke®, Diet Coke®, Coke Zero®, Sprite®, Fanta® Orange, Ginger Ale, Root Beer, Soda Water, Tonic Water

JUICE 5

Orange, grapefruit, apple, cranberry, tomato or V8

MILK 5

Regular, non-fat, 2%, chocolate or soy

ASSORTED TAZO® TEAS 6

English Breakfast, Green, Passion, Chamomile, Earl Grey, Sweet Orange or Mint

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Late-Night Dining

Available from 12:00AM to 6:00AM*. Dial Service Express®.

DAILY MARKET SOUP 5

Chef's creation of fresh house made soup

GRILLED CHICKEN CAESAR SALAD 14

Crispy romaine leaves stacked with parmesan cheese, herb croutons, creamy Caesar dressing, topped with grilled chicken breast

MARKET FIELD GREENS 8

Oranges, pear, walnuts, shaved asiago cheese with house citrus vinaigrette

TURKEY AND BACON CLUB SANDWICH 14

Whole wheat bread, sliced turkey, smoked bacon, lettuce, sliced tomato and potato chips

FLAME GRILLED WAGYU BURGER** 15

With cheddar cheese on brioche bun

BREAKFAST SANDWICH 8

Turkey sausage, scrambled eggs, melted cheese on croissant

OMELET 16

Three egg omelet with cheddar cheese, served with roasted potatoes

COLD CEREAL 6

Raisin Bran, Corn Flakes, Rice Krispies®, Froot Loops®, Frosted Flakes®, Cheerios®, Granola, with your choice of whole milk, 2% or non-fat

Dessert

NEW YORK STYLE CHEESECAKE 7

FLOURLESS CHOCOLATE CAKE 8

SEASONAL BERRIES 9 GF



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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 6:00AM to 12:00AM. Dial Service Express®.

*Available 24/7.

STEEL CUT OATMEAL

Dried fruits, sliced almonds 5.5

GRILLED TURKEY BURGER

Roasted pepper on whole wheat 9.5

***GREEK YOGURT PARFAIT**

Walnut, granola, market berries 6.5

***BEDTIME SNACK**

Cherry walnut oat muffin 2.5

***HERBAL TEA**

Unwind and re-center with a cup of naturally caffeine-free herbal tea, featuring a proprietary blend of aromatic herbs designed to promote relaxation and restful sleep 6

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

MELATONIN

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

THIAMIN

Important B vitamin that helps improve sleep patterns

MAGNESIUM & POTASSIUM

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

FOLATE

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

SEROTONIN

Promotes relaxation and induces sleepiness

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Alcoholic Beverages

Available from 11:00AM to 12:00AM*. Dial Service Express®.

White Wines

ANEW RIESLING 10 38
Washington

EROICA RIESLING 14 54
Washington

MAGNOLIA GROVE CHARDONNAY 9 34
California

CHATEAU ST. MICHELLE CHARDONNAY 15 58
California

LA CREMA CHARDONNAY 15 58
California

STELLINA DI NOTTE PINOT GRIGIO 9 34
Italy

BOLLINI PINOT GRIGIO 10 38
Italy

ECHO BAY SAUVIGNON BLANC 10 38
New Zealand

KIM CRAWFORD SAUVIGNON BLANC 14 54
New Zealand

BANFI CENTINE ROSÉ 8 30
California

MINUTY ROSÉ 12 46
Columbia Valley

14 HANDS "HOT TO TROT" WHITE BLEND 10 38
Columbia Valley

Sparkling Wines

CHANDON BRUT CLASSIC 15 54
California

MUMM NAPA BRUT PRESTIGE 18 62
California

MOËT & CHANDON CHAMPAGNE 98
France

RUFFINO PROSECCO 11 42
Italy

Red Wines

MAGNOLIA GROVE CABERNET 9 34
California

CHATEAU ST. JEANS CABERNET 12 46
California

J. LOHR "SEVEN OAKS" CABERNET 14 54
California

BERINGER "FOUNDERS ESTATE" MERLOT 10 38
California

WILD HORSE MERLOT 10 38
California

ALAMOS MALBEC 9 34
Mendoza

DON MIGUEL GASCON COLOSSAL RED BLEND 11 40
Mendoza

DELOACH PINOT NOIR 11 42
California

MACMURRAY RANCH PINOT NOIR 16 60
California

Beer

DOMESTIC BOTTLE
Budweiser, Bud Light, Miller Lite 5
Angry Orchard Hard Cider 6

IMPORT BOTTLE 7
Heineken, Heineken Light, Corona Extra, Corona Light, Stella Artois, Guinness

CRAFTED 6
Blue Moon, Samuel Adams Boston Lager

LOCAL CRAFTED 7
Port City "Monumental IPA" (Alexandria, VA),
Devils Backbone "Vienna Lager" (Roseland, VA)

NON-ALCOHOLIC 7
St. Pauli Girl

*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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