



IN-ROOM DINING

Our appetizing room service menu options include antioxidant-rich SuperFoodsRx® dishes, which pair certain whole foods to boost their benefits and their flavors.

Tempt your palate and always eat well at Westin.

SUPERFOODS



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

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

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

SOY

Great source of vitamins, minerals, plant protein and soluble fiber


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

For more information, visit superfoodsrx.com

 SuperFoodsRx® dishes specifically pair whole foods to boost their nutritional benefits and their flavors. Antioxidant-rich and naturally low in calories, SuperFoods are known to improve well-being and longevity.

BREAKFAST

Available from 6:00 a.m. to 11:00 a.m.

Touch Service Express®

FRUITS, JUICES & YOGURTS

Orange, grapefruit, apple or tomato juice 3.00

Non-fat, 2%, soy or chocolate milk 3.00

WESTIN LIFESTYLE

Fresh-cut fruit, yogurt and choice of beverage 13.00

MARKET-FRESH CUT FRUIT

A bountiful selection of seasonal fruits and berries 8.00

Non-fat or fruit yogurt 3.00

BREADS & PASTRIES

Served with butter and fruit preserves

Danish pastries, croissants, fruit or bran muffins, banana bread, multi-grain, whole wheat, white toast or English muffin 4.00

CEREALS

Raisin Bran, Corn Flakes, Rice Krispies, Froot Loops, Frosted Flakes, Granola 5.00

OATMEAL

With banana, pecans and cinnamon 6.00

SIDE ORDERS

Smoked bacon, pea-meal bacon, grilled ham, sausage 4.00

Thin-sliced Lyonnais potatoes with Spanish onion 3.00

COFFEE & TEA

Coffee and tea by the pot

FRESHLY-BREWED STARBUCKS® BLEND COFFEE
Regular or decaffeinated

Small pot 6.50

Large pot 7.50

COFFEE BY THE CUP

Tall cappuccino or latte 3.04

Grande cappuccino or latte 3.82

Venti cappuccino or latte 4.00

Espresso 1.73

Double espresso 2.55

Tall americano 1.78

Grande americano 1.95

Venti americano 2.26

TEA

Tea 6.50

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

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Touch Service Express®

THE WESTIN CONTINENTAL

Selection of juices, fresh-cut fruit, fresh daily bakery selection, butter and jams and freshly-brewed coffee or Tazo tea 14.00

BUTTERMILK PANCAKES

Dusted with icing sugar and warm maple syrup 13.00

CRISP BELGIAN WAFFLE

Your choice of buttermilk or whole wheat, topped with roasted apples, pecans, whipped cream and warm Nova Scotia maple syrup 13.00

NOVA SCOTIA SMOKED SALMON BENEDICT

Two poached eggs and smoked salmon on toasted English muffin, with classic hollandaise sauce 16.00

BANANA BREAD FRENCH TOAST

With sauteéd banana and warm maple syrup 15.00

BLUEBERRY ORANGE GRANOLA PANCAKES

Citrus berry salad, maple syrup and whipped butter 15.00

EGGS NOVA

Two eggs as you like, Nova Scotia smoked salmon, Lyonnaise potato or fresh fruit salad 16.00

WESTIN NOVA SCOTIAN OMELET

Sauteéd mushroom, shrimp and scallop with grilled tomato, Lyonnaise potato or fresh-cut fruit bowl 17.00

FARM-FRESH EGGS A LA CARTE

Two eggs as you like, smoked bacon, sausage or grilled ham and Lyonnaise potato or fresh-cut fruit bowl 17.00


EGG WHITE OMELET

Broccoli and cheddar, grilled tomatoes, Lyonnais potato or fresh-cut fruit bowl 17.00

CREATE-YOUR-OWN OMELET

Choice of ham, diced bell peppers, red onion, mushrooms, tomato and cheddar cheese with grilled tomatoes, Lyonnaise potato or fresh-cut fruit bowl 17.00

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EGGS BENEDICT

Two poached eggs and pea meal bacon or smoked salmon on toasted English muffin, with classic hollandaise sauce 17.00

BERRY, APPLE AND BANANA MUESLI

With fresh berries 6.00

TOASTED ALMOND GRANOLA PARFAIT


Yogurt, berries and sprinkled with dried blueberries 6.00

BLUEBERRY BANANA SMOOTHIE

Immune-boosting blend of ripe fruit, soy and yogurt garnished with fresh strawberries 6.00

CONGEE 6.00

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ALL DAY DINING

Available from 11:00 a.m. to 11:00 p.m.

Touch Service Express®

APPETIZERS:

MUSSELS

Nova Scotia mussels steamed with garlic and fresh herbs or spicy tomato sauce. Plated with garlic toast 12.00

SMOKED SALMON PLATE

Willy Krauch smoked salmon with sliced red onion, capers, lemon, dill cream cheese and crackers 12.00

SAUTÉED SHRIMP WITH LEMON

Black tiger shrimp sautéed in garlic and lemon juice, plated with avocado, arugula and tomatoes 10.00

CHEESE PLATE

A selection of domestic and imported cheese with fruit and crackers 19.00

SOUP AND SALAD

CHEF'S SOUP

Always creative, and made in house 6.00

SEAFOOD CHOWDER

Rich and creamy maritime seafood chowder with scallop, salmon, haddock and mussels 12.00

CAESAR SALAD

Crisp romaine lettuce tossed with house made Caesar dressing, croutons, bacon, and shaved Parmesan cheese 8.00
Add chicken 3.00
Add Shrimp 4.00

GARDEN SALAD

Crisp green leaf lettuce with carrot, tomato, cucumber, red onion and honey lemon vinaigrette 6.00

TOMATO AND OLIVE SALAD

Tomatoes, peppers, green onions and olives with multi grain croutons and tomato dressing 7.00


SANDWICHES

All of our sandwiches are served with your choice of fries, sweet potato fries or garden salad

CLUBHOUSE

Your choice of wrap or triple decker sandwich; grilled chicken, tomato, lettuce, bacon and smoked applewood cheddar cheese 12.00

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ALL DAY DINING

Available from 11:00 a.m. to 11:00 p.m.
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PULLED PORK SANDWICH

Oulton's Farm slow cooked pork shoulder with rhubarb relish and pickles 12.00

GETAWAY FARMS BEEF BURGER

An exclusive recipe of Getaway Meat Mongers ground beef with applewood smoked cheddar, sautéed mushrooms and onions, lettuce, bacon and tomato on brioche bun (8 oz) 15.00

ALL NATURAL TURKEY BLT

Shaved turkey breast with lettuce, tomato, and bacon on multi grain bread with lemon mustard aioli 12.00

MAIN COURSES

GRILLED STRIP LOIN STEAK

12oz Angus beef strip loin grilled to your liking with sautéed onions and mushrooms, demi glace and mashed potatoes 31.00

FISH & CHIPS

Local haddock fried in pale ale batter and served with coleslaw and tartar sauce 15.00

FOUR CHEESE RAVIOLI

With your choice of tomato or cream sauce. Served with garlic toast 15.00


CHICKEN IN POMEGRANATE AND TAMARIND SAUCE

Tender chicken simmered in pomegranate and tamarind with onion, cilantro, and garlic. Served over basmati rice 21.00

HADDOCK WITH TOMATO OLIVE SALSA

Local filet of haddock with fresh tomato and black olive salsa, over basmati rice 21.00

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WHOLE WHEAT PASTA WITH SHRIMP POMODORO

Black tiger shrimp sautéed with garlic, broccoli and asparagus tossed in plum tomato sauce with whole wheat fettuccine 22.00

ALL DAY BREAKFAST

Two eggs as you like, smoked bacon, sausage or grilled ham and Lyonnais potato 14.00

SIDES

Rice pilaf

Mashed potatoes

Fries

Sweet potato fries

Marinated chickpeas

DESSERTS

CRÈME BRÛLÉE

Rich and creamy classic custard 7.00

STRAWBERRY CHEESECAKE 7.00

FOX HILL GELATO

Chocolate, vanilla, coffee or mango 6.00


MOLTEN CAKE

Two scoops of oozing chocolate cake with chocolate sauce and fresh berries 9.00

BERRIES AND YOGURT

Blueberries, raspberries and strawberries with honey, yogurt and almonds 6.00

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KIDS

Touch Service Express®

BREAKFAST

Available from 6:00am to 11:00am

YOUR CEREAL FAVORITES (DRY OR OATMEAL)

With seasonal fruit or sliced banana 3.00

PANCAKES OR WAFFLE

Served with warm maple syrup 3.00

FULL BREAKFAST

One egg any style with your choice of ham, bacon or sausage, Lyonnaise potato or fruit cup 4.00

LUNCH OR DINNER

Lunch or Dinner available from 11:00am to 11:00pm

The following items come with your choice of carrot and celery sticks, apple slices or French fries

CHEF'S SOUP

House made daily 3.00

MINI BURGER

With melted cheddar cheese on brioche bun 4.00

TOMATO AND CHEESE PIZZA

Plum tomato sauce and melted mozza cheese 5.00

PEANUT BUTTER AND HONEY SANDWICH

Choice of white, whole wheat or multi-grain bread 3.00

GOOEY GRILLED CHEESE

Choice of white, whole wheat or multi-grain bread with melted cheddar cheese 3.00

CRISPY CHICKEN BITES

All-white meat strips ready for dipping in bbq or plum sauce 4.00

BOWL OF NOODLES

Penne pasta with butter and Parmesan cheese 4.00

DESSERT

GELATO AND FRUIT COULIS

Chocolate, mango, or vanilla gelato with raspberry coulis 4.00

COOKIES AND MILK

Shortbread cookies and a cold glass of milk 4.00

FRESH FRUIT

A bowl of fresh-cut fruit and berries 4.00

KIDS YOGURT

Bowl of vanilla yogurt with fresh berries 4.00

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

LATE NIGHT DINING

Available from 11:00 p.m. to 6:00 a.m.

Touch Service Express®

APPETIZERS

Chef's soup 12.00

CHEESE PLATE

A selection of domestic and imported cheese with fruit and crackers 19.00

TOMATO AND OLIVE SALAD

Tomatoes, peppers, green onions and olives with multi grain croutons and tomato dressing 7.00

GARDEN SALAD

Crisp green leaf lettuce with tomato, carrot, cucumber and honey lemon vinaigrette 7.00

MAIN COURSES

CHICKEN GOUDA SANDWICH

Sliced chicken breast, lettuce and tomato with garlic mayo, gouda cheese and brioche bun 14.00

PULLED PORK SANDWICH

Oulton's Farm slow cooked pork shoulder with rhubarb relish and pickles 12.00


VEGETARIAN LASAGNA

Whole wheat lasagna noodles layered with spinach, ricotta and tomato sauce, served with garlic bread 18.00

CHICKEN IN POMEGRANATE AND TAMARIND SAUCE

Tender chicken simmered in pomegranate and tamarind with onion, cilantro, and garlic; served over basmati rice 21.00

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

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LATE NIGHT DINING

Available from 11:00 p.m. to 6:00 a.m.

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DESSERTS

STRAWBERRY CHEESECAKE 7.00

MOLTEN CHOCOLATE CAKE

With chocolate sauce 9.00

FRESH FRUIT AND BERRIES 8.00

FRESHLY BREWED STARBUCKS COFFEE

Small pot 6.50

Large pot 7.50

Tazo Tea 6.50

BEVERAGES

JUICE

Orange, grapefruit, cranberry, apple or tomato 3.00

MILK

Non-fat, 2%, soy or chocolate 3.00

COLD CEREAL

Assorted 5.00

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

ALCOHOLIC BEVERAGES

Available from 11:00 a.m. to 11:00 p.m.

Touch Service Express®

RED WINES

	GLASS	BOTTLE
Pinot Noir, Cono Sur, Chile	7.00	37.00
Pinot Noir, Mirassou, Chile	9.00	42.00
Merlot, Barefoot, California	8.00	36.00
Merlot, Robert Mondavi, California	10.00	54.00
Shiraz, McWilliams Hanwood, Australia	9.00	47.00
Shiraz, Peter Lehman, Australia	10.00	45.00
Toscana Sangioese, Citra, Italy	8.00	35.00
Malbec, Altosur, Argentina	9.00	40.00
Malbec, Trapiche Oak Cask, Argentina	8.00	39.00
Cabernet Sauvignon/Meritage, Mirassou, California	11.00	44.00
Cabernet Sauvignon/Bodegas, Centenarias, Chile	7.00	28.00
Cabernet Merlot, Peller Estates French Cross, Ontario, Canada	7.00	28.00
Valpolicella, Sartori, Italy	9.00	42.00

WHITE WINES

Sparkling Wine, Barefoot Bubbly, California	7.00	32.00
Sparkling Wine, Louis Perdrier (200ml), France		15.00
White Zinfandel, Gallo, California	7.00	34.00
Riesling, Dr. Loosen "Dr. L.," California	9.00	42.00
Riesling, Hillebrand Trius, Niagra, Canada	8.00	39.00
Riesling, McWilliams Hanwood, Australia	10.00	47.00
Pinot Grigio, Barefoot, California	8.00	36.00
Pinot Grigio, Sartori, Italy	9.00	44.00
Sauvignon Blanc, Bodegas Centenarias, Chile	7.00	28.00
Sauvignon Blanc, Copper Moon, Niagra, Canada	8.00	37.00
Chardonnay, Mirassou, California	9.00	42.00
Chardonnay, McWilliams Hanwood, Australia	10.00	47.00
Chardonnay, Peter Lehmann Unwooded, Australia	10.00	45.00
Chardonnay, Penfolds Private Release, Australia	8.00	40.00
Chardonnay, Peller Estates French Cross, Ontario, Canada	7.00	28.00
Chardonnay, Robert Mondavi, California	10.00	54.00

BEER & LIQUOR

DOMESTIC BOTTLED BEER

Molson Canadian, Coors Light, Rickards Red, Alexander Keith's, Miller Genuine Draft 5.00

IMPORTED BOTTLED BEER

Heineken, Corona 6.00

DOMESTIC DRAUGHT BEER (16oz)

Molson Canadian, Coors Light, Rickards White, Rickards Dark, Rickards Red 7.00

IMPORTED DRAUGHT BEER (16oz)

Heineken 8.00

NON-ALCOHOLIC BEER

Labatt 5.00

LIQUOR (1oz)

Smirnoff Vodka, Bacardi White Rum, Bacardi Black Rum, Beefeater Gin, Johnnie Walker Red, Seagrams V.O. 5.00

LOCAL

LOCAL DRAUGHT BEER (16oz)

Garrison Irish Red 7.00

LOCAL LIQUOR (1oz)

Ironworks Vodka, Ironworks Rum 6.50

Glenn Breton Single Malt Scotch 12.00

LOCAL RED WINE FROM LUCKETT

Lemon Millot, Phone Box Red, Triumphe

Glass 12.00 Bottle 58.00

LOCAL WHITE WINE FROM LUCKETT

L'acadie, Muscat, Ortega, Tidal Bay

Glass 12.00 Bottle 58.00

Responsibility matters. Provincial law prohibits the consumption of alcohol by persons under the age of 19.

Vintages are subject to change; please ask your server upon making your selection.

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