

# 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.

Available from 7:00AM to 11:00AM.

## **COCONUT CHIA PUDDING**

Half 6 | Full 12

Seasonal fresh fruit, honey, mint

## **OVERNIGHT OATS**

Half 6 | Full 12

Almond milk, apple, golden raisin, cinnamon

## **AVOCADO TOAST**

Half 10 | Full 18

Multigrain toast, cherry tomato, walnuts, fresh herbs

Available from 11:00AM to 10:00PM. Hours are subject to change seasonally.

## **ARUGULA & QUINOA SALAD**

Half 8 | Full 14

Tomato, carrot, radish, pistachio, goat cheese, citrus vinaigrette

## **KALE AND BLUEBERRY SALAD**

Half 8 | Full 14

Cherry tomato, goat cheese, coconut-lemon vinaigrette

## **TURKEY CLUB**

Half 8 | Full 15

Avocado, tomato, spinach, herb cream cheese, coleslaw, sweet potato fries

## **CAST IRON-ROASTED CHICKEN**

Half 14 | Full 25

Roasted airline breast, crushed fingerling potatoes, charred cauliflower, salsa verde

## **GRILLED SALMON**

Half 14 | Full 25

Arugula salad, strawberries, hearts of palm, pecans, chipotle vinaigrette

## **AVOCADO TOAST WITH LUMP CRAB**

Half 12 | Full 22

Multigrain bread, smashed avocado, citrus crab salad, tomato, radish, mixed greens salad



### OUR SOURCING PROMISE

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

Service charges and government taxes are additional. Consuming raw or undercooked meats, seafood, shellfish or eggs may increase your risk of foodborne illness.

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