

# BREAKFAST

## MIZZEN BUFFET

Market fruit and berries, yogurt, steel-cut oatmeal, whole grain cereals, all-natural granola, scrambled eggs, smoked bacon, sausage links, breakfast potatoes, daily featured hot items, omelets made to order, pastry basket, bagels with cream cheese, selection of breakfast juices, Starbucks® coffee and assorted Tazo® teas

/ 34

### ENTREES

#### CLASSIC BREAKFAST / 22

2 Organic cage free eggs any style with toast, choice of smoked bacon, peameal bacon, country pork sausage or half an avocado / DF

#### 3 EGG OMELET WITH TOAST / 20

Organic cage free eggs  
Choose any 3 fillings: Bacon, Ham, Peppers, Cheddar, Mushroom, Spinach, Tomato, Red Onion

*All are served with fruit or breakfast potatoes*

#### PEAMEAL EGGS BENEDICT / 21

Organic cage free poached eggs, English muffin, Canadian peameal bacon, Hollandaise

#### SMOKED SALMON BENEDICT / 22

Organic cage free poached eggs, English muffin, smoked salmon, Spanish onion, spinach, capers, Hollandaise

#### BUTTERMILK PANCAKES / 14

Fresh berries, maple syrup, whipped cream

#### CHALLAH BREAD FRENCH TOAST / 14

Fresh berries, maple syrup, whipped cream

### EAT WELL

#### THE RUFUS PLATTER / 22

100% Plant-based vegan sausage patty, poached asparagus, grilled tomato, fresh fruit or breakfast potato GF / DF / Eat Well

#### EGG WHITE OMELET / 21

Wilted spinach, peppers, sundried tomato, Boursin cheese, cup of fresh fruit and berries  
GF / DF / Eat Well

#### OATMEAL WITH APPLES AND WALNUTS / 13

Served with apples, walnuts, honey  
GF / DF / Eat Well

#### AVOCADO TOAST / 20

Organic cage free poached eggs, crushed avocado, vine-ripened tomato, arugula salad, grilled sourdough  
Eat Well

Add smoked salmon / 5

#### CONTINENTAL PLATTER / 19

Granola parfait, maple pecan loaf, fresh fruit and berry bowl  
Eat Well

#### CEREALS / 8

All Bran®, Corn Flakes®, Rice Krispies®, Froot Loops®, Frosted Flakes®, Cheerios®, served with seasonal fruit  
Eat Well

### SIDE ORDERS

HALAL CHICKEN SAUSAGE / 6 DF

SMOKED SALMON / 6 DF

SMOKED BACON, COUNTRY PORK SAUSAGE OR PEAMEAL BACON / 6 DF

FRESH FRUIT AND BERRY BOWL / 7  
GF / NF / DF

½ AN AVOCADO / 5

TOAST OR BAGEL WITH CHOICE OF CREAM CHEESE, BUTTER AND PRESERVES / 7

REGULAR OR LOW-FAT GREEK YOGURT WITH GRANOLA, FRESH FRUIT AND BERRIES / 8

SIDE BREAKFAST POTATO / 5 GF / NF / DF  
BAKERY BASKET / 5

### BEVERAGES

#### FRUITS, JUICES + YOGURTS

ORANGE, GRAPEFRUIT OR APPLE JUICE / 6

2%, SKIM OR ALMOND MILK / 6

TOMATO JUICE, V8 / 6

KOMBUCHA / 8

COFFEE OR TEA / 5

ESPRESSO / 5

AMERICANO / 5

CAPPUCCINO / 5

LATTE / 5

PINEAPPLE STRAWBERRY SMOOTHIE / 6  
made with almond coconut milk

#### WESTIN FRESH BY THE JUICERY

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

BEET, CARROT, KALE, APPLE, LEMON GINGER / 8

COCONUT MILK, MANGO, SPINACH / 8

CANTALOUPE, PINEAPPLE, MINT / 8

PASSIONFRUIT, ORANGE JUICE / 8