




# GRILL & VINE

EST. 2012

## BREAKFAST



### ..... INVIGORATE .....

<b>SEASONAL SLICED FRESH FRUIT</b>	15
banana loaf, cottage cheese	
<b>HONEY YOGURT AND BERRIES</b> 	15
granola, dark chocolate, walnuts	
<b>B.C. SMOKED SALMON</b> 	16
onions, capers, lemon, toasted bagel	
<b>STEEL-CUT OATMEAL</b> 	12
caramelized apples, walnuts, maple drizzle	

### ..... INDULGE .....

<b>BLUEBERRY PANCAKE STACK</b> 	22
orange and walnuts	
<b>BUTTERMILK PANCAKE STACK</b>	22
plain, chocolate chip or banana whipped butter, Canadian maple syrup	
<b>FRESHLY BAKED BELGIAN WAFFLE</b> 	22
plain or chocolate whipped cream, strawberries, Canadian maple syrup	
<b>BRIOCHE FRENCH TOAST</b> 	22
caramelized apple compote, maple syrup and walnuts	


### ..... ENERGIZE .....

<b>JUICE</b> 	6
orange, grapefruit, apple, cranberry or tomato	
<b>STARBUCKS COFFEE</b>	
cappuccino	6
latte	6
espresso	6
freshly brewed regular or decaffeinated	5
<b>ASSORTED TAZO TEAS</b> 	5
<b>MILK</b>	4
2%, non-fat, soy, almond or chocolate	



### ..... BREAKFAST TABLE .....

seasonal fruits and berries, yogurt, steel-cut oatmeal, whole grain cereals, all-natural granola, scrambled eggs, smoked bacon, sausage links, breakfast potatoes, bakery selections, bagels with cream cheese, selection of breakfast juices, freshly-brewed Starbucks® coffee, and assorted Tazo® teas	35
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### ..... REVIVE .....

<b>EXHILARATE</b>	22
2 eggs any style, potatoes, bacon, ham or breakfast sausage, toast	
<b>EGG WHITE FRITTATA</b> 	24
broccoli, roasted peppers, goat cheese, salsa, toast, fresh fruit salad	
<b>THREE-EGG OMELETTE</b>	
ham and cheese	22
smoked salmon, asparagus, goat cheese	24
peppers, mushrooms, cheese, salsa	22
<b>EGGS BENEDICT</b>	26
traditional, spinach or smoked salmon	
<b>DUAL MOUNTAIN</b>	28
2 eggs any style, bacon, breakfast sausage, pancakes, breakfast potatoes	

### ..... OPTIONS .....

<b>BREAKFAST POTATOES</b>	6
<b>PORK SAUSAGES</b>	6
<b>CHICKEN APPLE SAUSAGES</b>	6
<b>SINGLE BROWN FREE RUN EGG</b>	6
<b>SMOKED BACON</b>	6
<b>BOWL OF FIELD GROWN BERRIES</b> 	8
a bright mix of the season's best	
<b>ASSORTED CEREALS</b>	8
skim, 2% or soy milk	
<b>PASTRIES &amp; MUFFINS</b>	4
assorted varieties	
<b>TOAST</b>	4
multigrain, white, sourdough, rye	
<b>REGULAR &amp; LOW FAT YOGURT</b> 	6

An 18% gratuity will be added to parties of 8 or more.

Consuming raw or undercooked meats, seafood, shellfish or eggs may increase your risk of food borne illness.

Please advise your server should you have any allergies or dietary requests.



"These nutritional powerhouse foods can help extend your health span-the extent of time you have to be healthy, vigorous and vital." Dr. Steven Pratt, author of Super Foods Rx: Fourteen Foods That Will Change Your Life.

# PURE REFRESHMENT

*Fuel your day and enhance your wellness with Westin Fresh by The Juicery, an assortment of nourishing, healthy, organic juices and smoothies. Curated in partnership with the experts at The Juicery, each of these custom blends packs a punch of revitalizing goodness.*

*For a better you.™*

## ORGANIC, LOCALLY SOURCED JUICES

Cucumber, kale, romaine, lemon, basil, coconut \$10

Beet, carrot, spinach, apple, lemon, ginger \$10

## ORGANIC, LOCALLY SOURCED SMOOTHIES

Mango, blueberry, banana, almond milk \$9

Strawberry, banana, goji berry, coconut milk \$9



 All of the offerings on our Westin Fresh by The Juicery menu are also SuperFoodsRx™ approved.

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