

# feed the body, nourish the soul

our SuperFoods menu features revitalizing dishes made from healthy ingredients rich in nutrients, antioxidants and delicious taste so you can feel energized and at your best all day.

## SuperFoods


tomatoes	turkey	onions	oats
soy	broccoli	olive oil	yogurt
avocado	garlic	nuts	salmon
honey	spinach	beans	

## begin

daily market soup

rich old-fashioned tomato soup   
greek yogurt, torn basil

confetti of local field greens   
fennel, mint, chives and basil blended  
with honey-grapefruit vinaigrette

beefsteak tomato caprese salad   
fresh mozzarella, arugula, extra virgin olive oil

pan-flashed coastal crab cakes  
and griddled tofu  
spicy orange chili sauce and spinach

sautéed shrimp with lemon   
avocado, arugula and teardrop tomatoes

crisp firecracker calamari  
calamata olive and roasted garlic dip

skillet seared pot stickers  
vegetable gyoza, edamame-mint aioli,  
soy-ginger dipping sauce

## favorites

flame-grilled bacon burger\*  
ground chuck with cheddar or swiss,  
onion, tomato and iceberg

chipotle chicken soft tacos  
honey-chipotle mayo, avocado, shredded lettuce,  
and jack cheese

crisp all-natural roasted turkey blt   
lemon-mustard aioli on whole grain toast

roasted chicken sourdough panini  
onion-tomato jam, white cheddar, arugula,  
and rosemary aioli

**the selections above are served with a choice  
of sea-salted french fries or arugula salad**

stone-fired pizza  
choose three toppings: caramelized onions, sausage, fresh  
mozzarella, parmesan, tomatoes, basil or arugula



## greens

hearts of romaine caesar  
shaved parmesan, crunchy focaccia croutons,  
freshly grilled shrimp or chicken

california cobb with  
citrus-roasted chicken  
smoked bacon, chopped egg, avocado, crumbled  
blue cheese, tomato and balsamic vinaigrette

sesame and black pepper  
seared salmon salad   
spinach, edamame, sweet teardrop tomatoes,  
pomegranate-soy dressing

grilled chimichurri steak salad\*  
crisp romaine, avocado, caramelized peppers,  
and onions

## entrees

grilled lemon chicken breast  
almond-raisin couscous, asparagus, gremolata,  
red pepper sauce

char-grilled new york sirloin,  
rosemary soffritto\*  
whipped yukon gold potatoes  
and lemon-drizzled broccoli

broiled green tea-lacquered salmon,  
shiitake essence   
pan-roasted sweet potatoes and spinach


sesame-seared yellowfin tuna,  
edamame-mint aioli\*  
pan-roasted sweet potatoes and spinach

stir fried brown rice,  
sunny side organic egg\*   
lime-drizzled green asparagus,  
roasted garlic aioli

grilled chipotle-rubbed  
skirt steak, chimichurri\*  
whipped yukon gold potatoes,  
young beans and carrots

## finale

warm double-chocolate brownie  
pecans, caramel and chocolate sauce,  
vanilla ice cream


strawberry romanoff   
frozen vanilla yogurt, honey-almond  
brittle, dark chocolate curls

roasted caramelized apples  
and cranberries  
served hot with oatmeal cookie  
and vanilla ice cream

new york style cheesecake  
orange and strawberry salad

Häagen-Dazs® ice cream

\*consuming raw or undercooked meats, seafood, shellfish, or eggs may increase your risk of foodborne illness.

 "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 SuperFoods Rx: Fourteen Foods That Will Change Your Life.  
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