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# Energize with SuperFoodsRx™ dishes made with ingredients packed with nutrients to power your day.



## **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

## **ORANGES**

A potent source of vitamin C and rich in flavonoids

## **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

## **SOY**

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

## **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

## **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



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This recipe has been created and tested in the SuperChefs kitchens by the SuperChefs kids.

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# Breakfast

Available from 5:00AM to 11:30AM. Dial Service Express®.


## Entrées

**LEMON, POPPY SEED AND BLUEBERRY PANCAKES** 16  
with Quebec maple syrup and a choice of smoked  
bacon, ham, or turkey sausage

**BLISTERED TOMATO, RICOTTA AND BASIL EGG WHITE  
FRITTATA** 15  
served with whole wheat bread 

**EGGS BENEDICT** 18  
two poached eggs served on potato roesti  
with wilted spinach, sliced tomato and classic  
hollandaise sauce  
with Canadian back bacon + 4  
with smoked salmon + 6

**PB & J STUFFED CHALLAH FRENCH TOAST** 17  
with Quebec maple syrup and a mini fruit cup

**GREEN B.E.L.T.** 17  
bacon, egg, lettuce and tomato with green goddess  
dressing served on a gryfe's bagel with a mini fruit  
cup 

**TWO EGGS YOUR WAY** 20  
two eggs cooked to your preference with potato  
hash, choice of smoked bacon, ham, or turkey  
sausage, and sourdough boule or whole wheat  
bread

**BREAKFAST TOSTADA** 23  
crispy corn tortilla, sunny-side eggs, refried black  
beans, pico de gallo, sliced avocado and fresh  
cilantro 

**POACHED EGGS ON SOURDOUGH BREAD** 19  
mashed avocado and tomato salad 

## Breads + Pastries

served with cream cheese, butter and local fruit  
preserves

bagel, sourdough boule or whole wheat bread and  
daily muffin or danish 7

## Side Orders

Smoked bacon, ham or turkey sausage 4

Skillet potato hash 4

Arugula, tomato and avocado dressed with lemon  
and honey vinaigrette 5 

## 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.

Carrot, orange, ginger, turmeric and mango juice 8

Celery, cucumber, lime and coconut water 8

Beetroot, acai, pomegranate, spinach and coconut  
water juice 8

Almond milk, spinach, pineapple, carrot, flax seed  
smoothie 8

## Fruits, Juices + Yogurts

Freshly squeezed orange, grapefruit or  
apple juice 6

Tomato, V8 6


Seasonal fruit selection with low-fat cottage cheese  
and a carrot raisin muffin 15

Low-fat Greek yogurt with fresh fruit and berries 8

Fresh fruit cup 6

## Cereals

All Bran, Corn Flakes, Rice Krispies, Froot Loops,  
Frosted Flakes, Cheerios, Granola 6

Cinnamon and steel cut oatmeal with bruleed  
banana, walnuts and honey 13 

\*Enjoy breakfast longer on weekends – turn to our Westin Weekend Breakfast Menu page for details.

A delivery charge of \$4, plus 15% gratuity and sales tax, will be added. All prices in Canadian dollars.

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

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# Breakfast

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Available from 5:00AM to 11:30AM. Dial Service Express®.

## Coffee + Tea

Freshly brewed Starbucks® blend Coffee, Regular or Decaffeinated

Coffee and Tea by the Pot

Small Pot (3 cups) 9.00

Large Pot (6 cups) 14.00

Espresso 6.00

Cappuccino 7.00

Cafe Latte 7.00

### ASSORTED TAZO TEAS

Awake English Breakfast, Earl Grey, Calm Camomile, Refresh Mint, Green Zen, Green Ginger and Chai

Small Pot (3 cups) 5.00

Large Pot (6 cups) 7.00

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## Westin Weekend Breakfast Menu

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Weekends last longer at Westin hotels, with extended breakfast hours until 2pm. Whether you sleep in and slow down or jump-start your day with a WestinWORKOUT®, you can dine at your own pace.

### SEASONAL FRESH FRUIT SELECTION 15

low fat cottage cheese with a carrot and raisin muffin 

### EGGS YOUR WAY 20

two eggs cooked to your preference with potato hash, choice of smoked bacon or turkey sausage, and sourdough boule or whole wheat bread

### LEMON, POPPYSEED & BLUEBERRY PANCAKES 16

with Quebec maple syrup and choice of smoked bacon or turkey sausage

### PB & J STUFFED CHALLAH FRENCH TOAST 17

Quebec maple syrup and mini fruit cup

### THE WESTIN CONTINENTAL 18

choice of fresh orange, pineapple or apple juice, fresh fruit plate, choice of pastry served with butter, fruit preserves and freshly brewed coffee or tea



### LOW-FAT GREEK YOGURT 8

with fresh fruit and berries 



Chef Corbin Favourites



Indicates a SuperFoodsRx™ dish. SuperFoodsRx powerfully pairs together whole foods to boost nutritional composition and flavours.



This recipe has been created and tested in the SuperChefs kitchens by the SuperChefs kids.

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# Eat Well Menu for Kids

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Discover kids' meals that are as delicious as they are nutritious with the Westin Eat Well Menu for Kids, developed with SuperChefs™ to make kids and parents happy. Available from 5:00AM to 11:00PM. Dial Service Express®.

## Breakfast

Available from 5:00AM to 11:30AM

**BUILD YOUR OWN GRANOLA PARFAIT** 7  
low-fat vanilla Greek yogurt, organic granola, strawberries, blueberries and raspberries 

**BLUEBERRY & BANANA PANCAKE LOLLIPOPS** 7  
banana and blueberries cooked into pancake and served with low-fat yogurt, fruit salad and syrup

**HAM, EGG & CHEESE QUESADILLA** 7.50  
two eggs, corn tortilla, low sodium ham, cheese and pico de gallo

## Lunch or Dinner

Available from 11:30AM to 11:00PM

**CHICKEN NOODLE SOUP** 7  
with fresh garden vegetables and thin whole wheat pasta

**CHICKEN FINGERS** 8  
baked chicken with corn-flake breading served with carrots, celery sticks and low-fat ranch sauce

**GRILLED BEEF BURGER** 9  
with mustard, lettuce, tomato, oven-roasted sweet potatoes and vegetable crudités

**ZUCCHINI PIZZA** 9  
split zucchini topped with tomato sauce, cherry tomatoes, basil, panko crumbs, mozzarella cheese and parmesan cheese

**ASIAN-STYLE SALMON WITH SOBA NOODLES** 11  
baked salmon with fresh ginger, carrots, red peppers, onions and sesame seeds

## Poutine

**JE M'APPELLE POUTINE** 10  
traditional poutine with roasted red skin and russet potato wedges, cheese curds and gravy

**TOMAYTO-TOMAHTO POUTINE** 10  
roasted red skin and russet potato wedges with chunky tomato sauce and cheese curds, yogurt and grapes 

**BUTTER CHICKEN POUTINE** 10  
roasted sweet potato wedges with butter chicken and cheese curds

## Dessert

**RICE PUDDING** 6  
brown rice and almond milk topped with dark chocolate, orange peel and cranberries

**APPLE FRUIT SALAD** 6  
cored apple filled with fresh fruit

## Drinks

**STRAWBERRY YOGURT MILKSHAKE** 6  
strawberries with low-fat vanilla Greek yogurt

**FRUIT SMOOTHIE** 6  
strawberries, blueberries and bananas blended with orange juice and honey 

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# All-Day Dining

Available from 11:30am to 11:00pm. Dial Service Express®.

## To Start

### BLACK BEAN AND LENTIL SOUP 12

avocado, lime, cilantro and crispy corn tortilla 

### SOUP OF YESTERDAY 11

*because it always tastes better the next day*  
daily offering available

## To Share

### THREE CHEESE HARBOUR PIZZA 18

crushed tomatoes, bocconcini, feta, traditional mozzarella, fresh basil and olive oil

### SKILLET NACHOS 20

three cheese blend, jalapeno, tomatoes, chorizo, peppers, scallions and fresh cilantro with sour cream, classic tomato salsa and guacamole

## Greens

### BABY GEM WESTIN CAESAR SALAD 16

lettuce, whipped ricotta, toasted pine nuts, Parmesan cheese and roasted garlic croutons

add grilled chicken 8

add sautéed shrimp 10

### HARBOUR SALAD GREENS 14

du puy lentils, shaved fennel, red wine vinaigrette and daily super-food topping 

add grilled chicken 8

### LEMON POACHED SHRIMP AND SPROUT SALAD 22

almonds, sunflower seeds, edamame, carrots, avocado and sesame lime dressing 

### GRILLED TAMARIND CHICKEN SALAD 22

mango, avocado, red onion and cilantro citrus dressing

## Sandwiches

*all paired with choice of ultimate slaw, herbed pomme frites or potato, Parmesan truffle chips*

### CT BRIOCHE BURGER 23

white cheddar, onion jam and aioli 

### FLAT IRON STEAK SANDWICH 27

grilled focaccia, buttermilk fried onion ring, sautéed mushrooms, blue cheese and green goddess dressing

### FOCACCIA TURKEY CLUB 22

bacon, lettuce, tomato, avocado and chipotle 

### ARTISINAL GRILLED CHEESE 22

fontina and smoked Gouda with cup of tomato basil soup



Chef Corbin Favourites



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# All-Day Dining

Available from 11:30am to 11:00pm. Dial Service Express®

## Entrées

### PAN-SEARED HOUSE SMOKED ATLANTIC SALMON

#### FILET 30

warm potato and mustard dressed kale salad and horseradish cream  *gf*

### PAPPARDELLE AND CLAMS 25

basil, parsley, garlic and white wine *gf*

### SUMMER SQUASH CARBONARA 22

spiraled zucchini, smoked cheese, tomato, garlic and fresh parsley  *gf*

### MISO AND BURNT ONION DASHI WHITEFISH 32

stir-fried greens, mushrooms and edamame

### MOROCCAN VEGETABLE STYLE STEW 22

warm Haloumi cheese

### SEA SALT BRICK CHICKEN 27

with potato puree, heirloom carrots and roasted green beans  *gf*

### DIJON AND PEPPERCORN GRILLED BEEF STEAK

smoked butter, creamed potatoes, roasted heirloom carrots and chimichurri

choice of:

6oz filet 35.00

8oz striploin 35.00

10oz ribeye 40.00

## Sides

Potato, Parmesan, truffle chips 6

Herbed pomme frites 6

Ultimate coleslaw 5

mixed cabbage, carrot, mango, papaya, fresh herbs, chili and maple-lime dressing *gf*

Wok-fried shiitake and baby bok choy 7

## Dessert

### TORCHED BANANA AND CARAMEL POPCORN ICE

#### CREAM SUNDAE 10

fresh berries and cream

### DARK CHOCOLATE MOLTEN CAKE 11

almond biscotti

### FRESH BERRY AND LEMON TIRAMISU 10

### CINNAMON AND APPLE TART TATIN 12

vanilla bean ice cream 

### FRESH FRUIT AND BERRIES CUP 7 *gf*



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# Late-Night Dining

Available from 9:00pm to 5:00am. Dial Service Express®.

**BLACK BEAN AND LENTIL SOUP** 12  
avocado, lime, cilantro and crispy corn tortilla 

**BABA GANOUSH ROASTED EGGPLANT AND GARLIC DIP** 15  
with Tahini and lemon, served with grilled flatbread and raw vegetables

**HARBOUR SALAD GREENS** 14  
du puy lentils, shaved fennel, red wine vinaigrette and daily super-food topping   
add grilled chicken 8

**BUCKET OF WINGS** 1LB 16  
with original Buffalo sauce and dill buttermilk dip

**THREE CHEESE HARBOUR PIZZA** 18  
crushed tomatoes, bocconcini, feta, traditional mozzarella, fresh basil and olive oil

**SKILLET NACHOS** 20  
three cheese blend, jalapeno, tomatoes, chorizo, peppers, scallions and fresh cilantro, with sour cream, classic tomato salsa and guacamole

**CHICKEN TINGA TAQUITOS** 18.00  
salsa verde, sour cream, pico de gallo served with coleslaw

**FOCACCIA TURKEY CLUB** 22  
bacon, lettuce, tomato and avocado 

**POTATO, PARMESAN, TRUFFLE CHIPS** 6

**HERBED POMME FRITES** 6

## Dessert

**TORCHED BANANA AND CARAMEL POPCORN ICE CREAM SUNDAE** 10  
fresh berries and cream

**DARK CHOCOLATE MOLTEN CAKE** 11  
almond biscotti

**FRESH BERRY AND LEMON TIRAMISU** 10

**CINNAMON AND APPLE TARTE TATIN** 12  
vanilla bean ice cream

**FRESH FRUIT AND BERRIES CUP** 7  *gf*

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# Sleep Well Menu



Enjoy these superfoods 1–2 hours before bedtime to enhance your rest and enrich your well-being.

\*Available 24/7. Dial Service Express®

## **BERRY, APPLE AND GRANOLA MUESLI PARFAIT** 12

with low-fat vanilla Greek yogurt

## **POACHED EGGS ON SOURDOUGH BREAD** 19

mashed avocado and tomato salad 

## **TURKEY AVOCADO WRAP** 20

with arugula salad 

## **STEAMED EDAMAME** 5

### **HERBAL TEA** 5

unwind and re-center with a cup of naturally caffeine-free herbal tea, featuring a proprietary blend of aromatic herbs designed to promote relaxation and restful sleep

Calm Chamomile - small pot (3 cups)

Whether you're adjusting to a new time zone or recovering from your travels, restful sleep is the key to renewal. Recommended by the experts at SuperFoodsRx™, these selections are packed with amino acids, vitamins and minerals that promote sound sleep, including:

### **TRYPTOPHAN**

Boosts serotonin production and enhances sleepiness

### **MELATONIN**

Resets sleep-wake cycles, combating jet lag and improving sleep quality

### **THIAMIN**

Important B vitamin that helps improve sleep patterns

### **MAGNESIUM & POTASSIUM**

Electrolytes often lost during travel that help promote sleep and prevent insomnia

### **FOLATE**

Helps fight fatigue during the day and promotes sound sleep at night

### **SEROTONIN**

Promotes relaxation and induces sleepiness

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# Alcoholic Beverages

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Available from 11:30AM to 2:00AM. Dial Service Express®.

## White Wines

**TAWSE, RIESLING** 12G 48  
Ontario

**ZANATTA, PINOT GRIGIO** 14G 55  
Italy

**MONKEY BAY, SAUVIGNON BLANC** 13G 50  
New Zealand

**PELLER ESTATE, CHARDONNAY** 9G 43  
Ontario

**WHITE HAVEN, SAUVIGNON BLANC** 64  
New Zealand

**GRAYSON, CHARDONNAY** 64  
California

## Sparkling Wines

**TRIOUS, BRUT SPARKLING** 17G 75  
Ontario

**BOTTEGA VINODIE, PROSECCO** 50  
Italy

**PIPER HEIDSIECK, BRUT CHAMPAGNE** 146  
France

**VEUVE CLICQUOT, DEMI-SEC CHAMPAGNE** 162  
France

**DOM PERIGNON, BRUT CHAMPAGNE** 394  
France

## Red Wines

**CAVE SPRINGS, PINOT NOIR** 15G 59  
Ontario

**WOODBIDGE, MERLOT** 13G 52  
California

**ALAMOS, MALBEC** 13G 52  
Argentina

**PELLER ESTATE, CABERNET/MERLOT** 9G 43  
Ontario

**BERINGER STONE CELLARS, CABERNET** 13G 50  
California

**THIRTY BENCH. WINE MAKERS RED** 69  
Ontario

## Beer

**DOMESTIC BOTTLE** 7  
Alexander Keith's IPA, Canadian, Coors Light,  
Budweiser, Bud Light

**IMPORTED** 8.50  
Becks, Corona, Heineken, Stella Artois

**REGIONAL/LOCAL CRAFT BOTTLE** 9  
Mill St. Organic Lager, Steamwhistle Pilsner,  
Amsterdam Boneshaker IPA, Amsterdam  
Cruiser Pale Ale

**NON-ALCOHOLIC BOTTLE** 7  
Labatt's N.A.

\*Responsibility matters. Must be of legal drinking age or older to purchase and/or consume alcohol. Vintages are subject to change; please ask your server when making your selection.

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# Culinary Experience

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## Hotel Venues

### The Mizzen

Located in the main lobby, The Mizzen Restaurant is a casual setting offering a delicious selection of breakfast items that will delight even the most particular palate. Children are always welcome.

Buffet and a la carte options available

#### HOURS

Daily 6:30AM-11:30AM

#### LOCATION

Main Lobby level, South Tower

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### The Chartroom Bar and Lounge

The Chartroom Bar and Lounge is located in the main lobby of the hotel and is the perfect spot to grab a bite to eat or meet friends for drinks after work. Westin Weekend breakfast is also available until 3:00pm on Saturdays and Sundays.

#### HOURS

Daily 11:30AM-1:00AM

#### LOCATION

Main Lobby level

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### Harbour Bar

Visit the newly re-designed Harbour Bar, an express coffee and light grab-and-go stand offering a variety of hot and cold beverages, cookies, pastries and decadent treats. The Harbour Coffee Bar proudly serves Starbucks coffee.

#### HOURS

Daily 6:30AM-12:00PM

#### LOCATION

Main Lobby level, North Tower

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### Toula Restaurant and Bar

Savour authentic Italian dining at Toula Restaurant and Bar located on the 38th floor overlooking Lake Ontario with spectacular 360 degree views.

#### HOURS

Bar open daily 12:00PM-1:00AM  
Restaurant open daily 12:00PM-3:00PM  
5:00PM-10:00PM

#### LOCATION

38th floor, South Tower

## Savoury

The secluded location of this one-of-a-kind venue is designed for small parties up to 14 people with a multi-course meal specially crafted to delight diners in an intimate and VIP setting.

Call 416-361-7462 or email [booksavoury@westin.com](mailto:booksavoury@westin.com) to book your experience today.

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## Meet Chef Corbin



Chef Corbin has a unique vision: to bring meaning back to the world of food. In every endeavor he has undertaken, whether Executive Partner Chef at The Westin Harbour Castle, Toronto, or his popular Food Network shows Dinner Party Wars, Restaurant Makeover, Restaurant Takeover and The Incredible Food Race, Chef Corbin strives to keep the focus on food as a conveyance to share joy.

Chef Corbin is a passionate advocate for charities, and has worked with many local organizations over the years.

Chef Corbin has travelled extensively throughout North America to find out more about the kinds of food moments people from all walks of life have.

"No matter where you go, everyone celebrates with food, and no matter who is hosting you, they are proud to have you sit and enjoy life with them over their favorite dishes. The best part of my job is meeting amazing people and getting to know them over a home-cooked meal."

*Chef*  
**Corbin**