## Eat Well





# In-Room Dining Menu

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## Energize with SuperFoodsRx<sup>TM</sup> dishes made with ingredients packed with nutrients to power your day. Superfixed

#### **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.

### Breakfast

Available from 06:00AM to 11:00AM\*. Dial Service Express®.

#### Entrées

#### WESTIN CONTINENTAL 16.00

Choice of freshly squeezed orange, grapefruit or apple juice; fresh fruit plate; choice of pastry served with butter and fruit preserves and freshly brewed coffee ortea

#### PASTEL TURKEY OMELET 14.00

Yolk reduced, arugula, low-fat cheddar, tomato, avocado salad

**GRILLED HAM & EGGS** 14.00

AVOCADO & KALE FRITTATA 14.00

#### ALMOND BRIOCHE FRENCH TOAST

14 00

Caramelized banana, maple syrup

#### SCRAMBLED EGG-SALMON TACO 14.00

Corn tortilla, avocado, salsa, queso fresco, chipotle greek yogurt

#### BANANA-BLUEBERRY PANCAKES 12.00

Ricotta, corn meal batter & orange maple syrup

#### ORGANIC SALMON BENEDICT 15.00

English muffin, baby spinach, olive oil & citrus hollandaise

#### **BELGIAN WAFFLE** 15.00

Strawberries, whipped cream, maple syrup

#### CALIFORNIA OMELET 14.00

Avocado, bacon, pesto, tomato, mozzarella, hash browns

#### CREATE-YOUR-OWN OMELET 15.00

A three egg omelet is prepared with your choice of whole eggs, egg whites or egg beaters and your choice of ham, turkey, bell peppers, red onion, mushrooms, tomato, spinach, chopped bacon, cheddar, Swiss or American cheese; accompanied by home fried potatoes

#### STEEL CUT OATMEAL 9.00

Green apples, walnuts, honey drizzle

#### IRISH OATS 8.00

Vanilla-bean cream, brown sugar, raisins

#### Breads + Pastries

Served with butter and fruit preserves

Toasted Bagel 4.00 Assorted Breakfast Pastries 4.00 Per person

#### Side Orders

Canadian Bacon 5.00

Applewood Smoked Bacon 4.00

Hominy Grits 6.00

Hash Browns 3.00

Seasonal Mixed Berries 6.00

A delivery charge of \$3.75, plus 22% service charge and sales tax, will be added. The service charge includes a 12% gratuity for the server. All prices in U.S. dollars.

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

## Breakfast

Available from 06:00AM to 11:00AM\*. Dial Service Express®.

#### 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.

Spinach, Apple, Lemon, Parsley 9.00

Pineapple, Cucumber, Mint 9.00

Blueberry, Avocado, Mango, Almond Milk Smoothie 9.00

Kale, Spinach, Banana, Mango, Cinnamon Smoothie 9.00

#### Fruits, Juices + Yogurts

Cranberry, Orange, Grapefruit or Apple Juice 4.50

Tomato, V8 or Pineapple Juice 4.50

Seasonal Fruit Plate with Yogurt & Banana Bread 7 00

Seasonal Berries with Cottage Cheese or Flavored Non-Fat Yogurt 9.00

#### Cereals

Raisin Bran, Corn Flakes, Rice Krispies, Froot Loops, Frosted Flakes, Cheerios, Wheaties, granola 5.00

Hot steel-cut oatmeal with brown sugar and raisins and choice of soy, skim, 2% or whole milk 8.00

#### Coffee + Tea

Freshly brewed Starbucks® blend Coffee, Regular or Decaffeinated

Small Pot (3 cups) 5.25

Large Pot (6 cups) 7.50

Espresso 3.50

Cappuccino 4.00

Cafe Latte 4.00

#### ASSORTED TAZO TEAS 4.75

Awake, Calm, Wild Sweet Orange, Earl Grey, TazoChai, Passion, Green, Refresh

### Westin Weekend Breakfast Menu

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

#### BLUEBERRY-BANANA FRUIT SMOOTHIE 9.00

Blended with blueberries, banana, honey, and soy milk species

#### **DELUXE CONTINENTAL** 11.00

Assorted pastries, toast or bagel, bowl of fresh fruit and berries. Your choice of juice and a beverage

#### CALIFORNIA OMELET 14.00

Avocado, bacon, pesto, tomatoes, and fresh mozzarella served with home fries or petite salad with choice of dressing specific

#### BANANA-BLUEBERRY PANCAKES

13.00

Maple syrup and whipped butter

YOGURT 9 00

Choose from low-fat fruit, berry or Greek species





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## Eat Well Menu for Kids

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 06:00AM to 11:45PM. Dial Service Express®.

#### Breakfast

Available from 06:00AM to 11:00AM

#### **QUESADILLA** 8.00

Two eggs, flour tortilla, pico de gallo

#### BABY SPINACH & CHEESE OMELETTE 9.00

Served with fruit salad

#### OATMEAL WITH APPLES AND WALNUTS 6.00

Served with apples, walnuts, honey and milk

#### PEANUT BUTTER AND BANANA SANDWICH 9.00

Served on whole wheat bread with seasonal fruit

#### Lunch or Dinner

Available from 11:00AM to 11:45PM

#### TUNA SALAD SANDWICH 8.00

Served on whole wheat bread with lettuce and tomato

#### CHICKEN WRAP 9.00

With carrots, cucumber, bell pepper & avocado \*\*

#### PITA CHIPS & VEGETABLES 9.00

Served with hummus & low-fat yogurt dip support

#### CHICKEN STIR-FRY 8.00

Served with brown rice & farmer's market vegetables

#### **GRILLED TURKEY BURGER** 9.00

Lettuce, tomato, sweet potato fries & vegetable crudite

#### **CHICKEN QUESADILLA** 8.00

Served with black beans, rice and pico de gallo

#### Dessert

#### FRUIT KEBABS 5.00

Fresh fruit served with low-fat Greek yogurt and a shortbread cookie

#### **APPLE FRUIT SALAD** 5.00

Cored apple filled with fresh fruit

#### Drinks

#### STRAWBERRY YOGURT MILK SHAKE 5.00

Strawberries with low-fat vanilla Greek yogurt

#### FRUIT SMOOTHIE 5.00

Strawberries, blueberries and bananas blended with orange juice and honey

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## All-Day Dining

Available from 11:00AM to 12:00AM, Dial Service Express®.

#### SMOKED TURKEY WRAP 13.00

Sliced smoked turkey with lettuce, tomato, onion, Swiss cheese, Applewood smoked bacon, avocado with chipotle ranch dip wrapped in a whole wheat tortilla spe

#### SOUP AND SANDWICH COMBO 11.00

Build your own grilled cheese sandwich with choice of hearty white, country wheat, sourdough or rye breads, served with a cup of the soup of the day

#### LEGACY CORR SALAD 13 00

Romaine, Applewood smoked bacon, blue cheese, eggs, diced tomatoes, green onions and avocado with creamy gorgonzola dressing

w/ chicken 16.00 w/ shrimp 18 00

#### CITRUS ITALIAN BREAST OF CHICKEN 25.00

With sweet potato frites, buttered broccolini, and pesto aioli

#### SCAMPI STYLE PASTA 18.00

Diced tomatoes with sliced mushrooms and wilted spinach w/ shrimp 23.00 w/chicken 21.00

#### THIN CRUST PIZZA 14.00

Pepperoni, Margherita, or five cheese

#### SAUTEED CILANTRO LIME SHRIMP SALAD 18.00

Market greens, roasted peppers, tomato, pepper jack cheese, tortilla strips with avocado dressing

#### **GRILLED FILET OF BEEF** 35.00

With asparagus, sautéed mushrooms, potato, and three peppercorn demi

SHERRY MUSTARD GLAZED SALMON 28.00

#### Shiitake essence, sweet potato frites and spinach

#### LEGACY GRILL SPECIALS MP

\*\*Available from 5:00PM-10:00PM\*\*

Signature Legacy Grill features by our chefs; meat, seafood, or poultry accented with a taste of Texas

#### SOUP OF THE DAY BOWL 7.50 CUP 5.50

A regional combination of creativity and taste

#### **BUFFALO CHICKEN WINGS** 10.00

With Texas blue cheese sauce, celery and carrot garnish

#### **BLACK TIGER SHRIMP COCKTAIL** 14.00

With cilantro-spiked cocktail sauce and citrus slaw

#### CHICKEN QUESADILLA 13.00

Flour tortilla, green onions, cilantro, southwest cheeses, quacamole, salsa and sour cream

#### CHILE CON QUESO 11.00

A blend of melted cheeses, served with fried tortilla chips, fire roasted salsa and guacamole

#### CAESAR SALAD 13.00

Chopped romaine with Parmesan cheese, croutons, and cherry tomatoes w/ chicken 16.00 w/shrimp 18.00

#### STONEBRIAR "HOUSE" SALAD 7.00

Seasonal greens with baby tomatoes, seedless cucumbers, spiced pumpkin seeds and garlic croutons with choice of dressing

#### BEEF STEAK TOMATO SALAD 9.00

Marinated heirloom tomatoes with fresh mozzarella, accompanied by micro greens, basil oil and aged balsamic ma

#### CREATE-YOUR-OWN OMELET 15.00

A three egg omelet is prepared with your choice of whole eggs, egg whites or egg beaters and your choice of ham, turkey, bell peppers, red onion, mushrooms, tomato, spinach, chopped bacon, cheddar, Swiss or American cheese; accompanied with hash brown potatoes



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## All-Day Dining

Available from 11:00AM to 12:00AM, Dial Service Express®,

#### THE BIG TEXAS REUBEN 13.00

Sliced angus beef pastrami with sauerkraut, Thousand Island dressing and Swiss cheese on rye bread with pickles. Served with choice of French fries, potato chips, onion rings, fresh fruit cup or side salad with choice of dressing

#### GRILLED CHICKEN BREAST FOCCACIA 15.00

Provolone, spinach, sun-dried tomato and walnut pesto. Served with choice of French fries, potato chips, onion rings, fresh fruit cup or side salad with choice of dressing

#### HALF POUND BLACK ANGUS BURGER 16.00

Soft roll with lettuce, tomato, onion, horseradish. pickle, and choice of American, Swiss, cheddar, provolone or blue cheese. Served with choice of French fries, potato chips, onion rings, fresh fruit cup or side salad with choice of dressing

#### FRIED RICE 14.00

Traditional fried brown rice with egg, onion, edamame, vegetables and soy glazed tofu w/ grilled chicken 16.00

VEGETABLE OF THE DAY 4.00

FRENCH FRIES 4.00

w/gulf shrimp 18.00

ONION RINGS 5.00

SWEET POTATO FRIES 5.00

#### Dessert

#### **NEW YORK STYLE CHEESECAKE** 8.00

With fresh strawberries, whipped cream and strawberry sauce

VANILLA CRÈME BRULEE 8.00

With marinated berries, butter cookie

**DOUBLE CHOCOLATE CAKE** 8.00

With fresh raspberry coulis and fresh raspberries

HAAGEN DAZS° ICE CREAM 7.00

Selection of vanilla bean, strawberry, chocolate or cinnamon ice cream

SEASONAL SORBET SELECTION 7.00

A selection of fruit flavored sorbets garnished with fresh fruit

BERRIES OF THE SEASON 6.00 500



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## Late Night Dining

Available from 12:00AM to 06:00AM. Dial Service Express®.

#### CAESAR SALAD 13.00

Chopped romaine with Parmesan cheese, croutons and cherry tomatoes w/ chicken 16.00 w/ shrimp 18.00

#### FRESH FRUIT PLATE 12.00

Seasonal melons and berries with fruit flavored yogurt

#### LEGACY COBB SALAD 13.00

Romaine, Applewood smoked bacon, blue cheese, eggs, diced tomatoes and green onions with creamy gorgonzola dressing or blue cheese vinaigrette w/ chicken 16.00 w/ shrimp 18.00

#### SOUP OF THE DAY BOWL 7.50 CUP 5.50

A regional combination of creativity and taste

#### **HOT DOG** 5.00

Served with chips

#### ASSORTED KELLOGG'S' CEREALS 5.00

With choice of soy, skim, 2% or whole milk

#### THIN CRUST PIZZA 14.00

Pepperoni or five cheese

#### **SMOKED TURKEY WRAP** 13.00

Sliced turkey with lettuce, tomato, onion, Swiss cheese, Applewood smoked bacon, avocado with chipotle ranch dip

#### VEGETARIAN WRAP 8.00

**BOWL OF MIXED NUTS** 6.00

**BOWL OF BAR MIX** 6.00

POPCORN 6.00

#### Dessert

COOKIE OF THE DAY 3.50

#### **NEW YORK STYLE CHEESECAKE** 8.00

With fresh strawberries, whipped cream and strawberry sauce

#### **DOUBLE CHOCOLATE CAKE** 8.00

With fresh raspberry coulis and fresh raspberries



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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®.

#### EGG WHITE OMELET

Egg White Omelet with spinach & cheddar 12.00

#### POACHED EGG

Poached egg on asparagus, snap peas, shiitake mushrooms, lemon vinaigrette 9.00

#### **TURKEY AVOCADO WRAP**

Arugula salad 8.00

#### BEDTIME SNACK

Non Fat berry yogurt, walnut granola 10.00

#### HERBAL TEA

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 3.50

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 sleeniness

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## Alcoholic Beverages

Available from 11:00AM to 11:45PM Sunday through Friday. Available from 11:00AM to 12:45AM Saturday Dial Service Express®.

#### White & Blush Wines

BANFI CENTINE 10 40 Rose, Montalcino, IT

BOLLINI 10 40

Pinot Grigio, Trentino, IT

KIM CRAWFORD 12 48

Sauvignon Blanc, Paterson, WA

**CHATEAU STE MICHELLE** 10 40

Sauvignon Blanc, Columbia Valley, WA

CHATEAU STE MICHELLE INDIAN WELLS 15 60

Chardonnay, Columbia Valley, WA

MAGNOLIA GROVE BY CHATEAU ST. JEAN 10 40

Chardonnay, California

#### Sparkling Wine

RUFFINO PROSECCO 11 48

Tuscany, IT

CHANDON BRUT CLASSIC -- 70

Sparkling, California

MUMM NAPA BRUT PRESTIGE -- 60

Sparkling, California

VEUVE CLICQUOT, BRUT -- 125

"Yellow Label" Champagne, France

#### **Red Wines**

MARK WEST 9 36

Pinot Noir, Sonoma Valley, CA

CAMBRIA "JULIA'S VINEYARD" 15 60

Pinot Noir, Santa Maria Valley, CA

BERINGER FOUNDER'S ESTATE 10 40

Merlot, St. Helena, CA

TRIVENTO "AMADO SUR" 12 48

Malbec, Mendoza, AR

MAGNOLIA GROVE BY CHATEAU ST. JEAN 10 40

Cabernet, California

CHATEAU ST. JEAN 12 46

Cabernet, California

#### Beer

BUD LIGHT 6
BUDWEISER 6
COORS LIGHT 6
MILLER LIGHT 6
MICHELOB ULTRA 6
ANGRY ORCHARD 7
CORONA EXTRA 7
CORONA LIGHT 7
DOS EQUIS 7
HEINEKEN 7
HEINEKEN LIGHT 7
SAM ADAMS BOSTON LAGER 7
SHINER BOCK 7
STELLA ARTOIS 8

ST. PAULI N/A 5

<sup>\*</sup>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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## Hotel Venues

#### Peter's Café

Whether you're preparing for the golf course or a business meeting, Peter's Café is the perfect spot for quick, light breakfast items, pastries, and Starbucks® gourmet coffee beverages.

#### HOURS

Monday-Sunday 06:30AM-12:00PM

#### LOCATION

Next to the main entrance on the Lobby Level

#### The Legacy Grill

We do a lot of things well in Texas—and foremost among them is classic American fare. The culinary team at our premier Frisco restaurant, The Legacy Grill, has a well-earned reputation for creativity and quality. Order up a Signature Salad, Texas Reuben or 16oz "Cowboy" Bone in Rib-Eye and enjoy your Texas-sized meal in rustic Western elegance surrounded by sweeping views in our Plano restaurant.

#### HOURS

Monday-Friday 06:30AM-01:00PM Saturday-Sunday 06:30AM-12:00PM

#### LOCATION

Lobby Level

#### Aqua Bar and Grill

Nothing works up an appetite like a grueling day of swimming and sunning. Located poolside, Aqua Bar and Grill serves up cocktails and light fare. Food can also be ordered after hours through room service.

The Aqua Bar and Grill opens Memorial Day weekend and remains available to our guests through the summer.

#### HOURS

Friday 11:00AM-06:00PM Saturday 11:00AM-06:00PM Sunday 12:00PM-03:00PM

#### LOCATION

Poolside on Level B

#### Ernie' Bar

When it's time to hit the 19th Hole, head over to Ernie's Bar, located right next door to The Legacy Grill. No mulligans here, just outstanding cocktails and light fare.

#### HOURS

Sunday-Friday 11:00AM-12:00AM Saturday 11:00AM-01:00AM

#### LOCATION

Lobby Level

