

# Lunch

## 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

### THAI COCONUT AND BEER STEAMED MUSSELS 15

Served with crusty bread 

## Greens

### HARBOUR SALAD GREENS 14

Du puy lentils, shaved fennel, red wine vinaigrette and the daily superfood topping 

Add grilled chicken 8

### 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


### SEED AND HERB-CRUSTED ATLANTIC SALMON FILLET 24

Greens, baby tomato, fennel, radish and dill-pickled onions 

### QUINOA AND FATOUSH SALAD 18

Tomato, toasted bread, fresh mint, fresh basil, red onion, cucumber, radish and sumac vinaigrette

### 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

## To Share

### BUCKET OF WINGS 1LB 16

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, jalapeño, tomatoes, chorizo, peppers, scallions and fresh cilantro with sour cream, classic tomato salsa and guacamole

### CHICKEN TINGA TAQUITOS 18

Salsa verde, sour cream and pico de gallo

### BABA GANOUSH ROASTED EGGPLANT AND GARLIC DIP 15

Tahini and lemon juice, served with grilled flatbread and raw vegetables

## Sandwiches

All sandwiches paired with choice of ultimate slaw, herbed pomme frites or potato Parmesan truffle chips

### CT BRIOCHE BURGER 23

White cheddar, onion jam and aioli 

### FOCACCIA TURKEY CLUB 22

Bacon, lettuce, tomato and avocado 

### ARTISANAL GRILLED CHEESE 22

Fontina and smoked Gouda with a cup of tomato basil soup

### SHASHLIK SANDWICH "GRILLED KABOB" 24

Naan bread, tzatziki sauce, shredded lettuce, tomato and pickled onions

Choice of chicken, beef or vegetables and paneer

### FLAT IRON STEAK SANDWICH 27

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

## Entrées

### PAN-SEARED HOUSE SMOKED ATLANTIC SALMON FILLET 30

Warm potato and mustard dressed kale salad and horseradish cream 

### SEA SALT BRICK CHICKEN 27

Potato purée, veal au jus, heirloom carrots and green beans

### PAPPARDELLE AND CLAMS 25

Basil, parsley, garlic and white wine 

### SUMMER SQUASH CARBONARA 22

Spiraled zucchini, smoked cheese, tomato, garlic and fresh parsley 

### CRISPY EGG NOODLES 26

Chicken and mixed vegetable stir-fry

### CAST IRON CHICKEN POT PIE 27



Served with Westin Harbour salad 

## Side Orders

Potato Parmesan truffle chips 6 

Herbed pomme frites 6 

Arugula, tomato and avocado 5

Honey, lemon and pepper dressing  

Roasted heirloom carrots and honey yogurt 7 


Ultimate coleslaw 5

Mixed cabbage, carrot, mango, papaya, fresh herbs, chili and maple-lime dressing 

Wok-fried shiitake and baby bok choy 7 

## Desserts

### 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



We pride ourselves in providing gluten friendly menu choices. While we endeavor to carefully prepare those meals to accommodate a gluten-free diet please be aware that they may be prepared in an environment where gluten is present. Please ask your server to assist you in making your selection. Please consult your physician as to your personal health decisions.

Service charges and government taxes are additional. 15% gratuity added to bills for parties of 8 people or more. Consuming raw or undercooked meats, seafood, shellfish or eggs may increase your risk of food-borne illness.

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



Chef Corbin favourites