



“Food is a part of every great thing we do in life. Food is there for all the important events, and the memories we make around a shared table are the best memories of all.” – Chef Corbin

The Westin Harbour Castle is proud to partner with the culinary leadership of nationally celebrated, Chef Corbin Tomaszeski. Chef Corbin’s passion for bringing back meaning to the world of food aligns perfectly with our goal of nourishing the soul with the innovative Westin Superfoods program. Menu options include antioxidant-rich ingredients transformed by focusing on flavour and outstanding presentation in order to create exceptional meals.

## TO START

**brûléed pink grapefruit** gf  
with caramelized brown sugar 5

**exotic fresh fruit bowl** gf SuperFoodsRx  
with mint tea sugar syrup and low fat cottage cheese 14

**cinnamon and steel cut oatmeal** SuperFoodsRx  
with fresh fruit, walnuts and mountain honey 12

## MAINS

**eggs your way**  
two free range eggs cooked to your preference with potato hash, choice of griddled smoked bacon or turkey sausage and sourdough boule or whole wheat bread 20

**organic eggs and soldiers** Chef Corbin  
with churned butter and choice of griddled smoked bacon or turkey sausage 17

**free range turkey and egg white frittata** SuperFoodsRx  
with Ontario aged white cheddar cheese and scallions 14

**sourdough boule eggs benedict**  
with oven-roasted tomato, wild mushrooms and basil served with potato hash 16  
add house smoked salmon 6 add crispy pancetta 4

**chorizo, tomato, spinach and two egg cassalette** gf  
with potato bird’s nest, snipped chives and choice of sourdough boule or whole wheat bread 18

**angus beef steak**  
with coddled egg and lemon dressed watercress and choice of sourdough boule or whole wheat bread 20

**lemon, ricotta cheese and blueberry hotcakes**  
with citrus zest and your choice of griddled smoked bacon or turkey sausage 16

## BREAKFAST TABLE

seasonal fruit and berries, yogurt, steel-cut oatmeal, whole grain cereals, all-natural granola, scrambled eggs, smoked bacon, sausage links, breakfast potatoes, daily featured hot items, freshly baked pastry basket, bagels with cream cheese, selection of breakfast juices, freshly-brewed starbucks coffee and assorted tazo teas 27

## ENHANCEMENTS

**oven-roasted turkey sausages with sage** 6 SuperFoodsRx

**griddled smoked bacon** 6 gf

**sweet potato and red skinned potato hash**  
with chef’s choice topping 6

**rocket, tomato and avocado salad** gf SuperFoodsRx  
with honey, lemon and pepper vinaigrette 6

**mini fresh fruit cup** gf SuperFoodsRx  
with mint tea syrup 6

**yogurt with fresh fruit** SuperFoodsRx  
choice of low-fat greek or regular yogurt 6

**freshly baked artisan bread basket**  
with local preserves, cream cheese and butter 7  
(bagel, sourdough boule, whole wheat, croissants, danishes and muffins)

## WESTIN FRESH BY THE JUICERY

*westin fresh by the juicery offers a menu of nourishing, revitalizing juices and smoothies by the experts at the juicery.*

**carrot, orange, ginger, turmeric and mango juice** 8

**celery, cucumber, lime, coconut water juice** 8

**beetroot, acai, pomegranate, spinach and coconut water juice** 8

**almond milk, spinach, pineapple, carrot, flax seed smoothie** 8

## DRINKS

**juice**  
orange, grapefruit, apple, cranberry, V8 or tomato juice 6

**milk**  
2%, skim, soy, almond and chocolate 5

**tazo teas** 5.50  
(please ask your server for today’s selection)

**freshly brewed starbucks’s coffee**  
regular and decaffeinated 5.50

**cappuccino** 6.50

**latté** 6

**espresso** 5

\*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.

Highly recommended dishes by Chef Corbin Tomaszeski

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.

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