

# REFRESH RENEW

*SuperFoods - fruit, vegetables, grains and proteins that are known to improve well-being and longevity - highlight Westin's ongoing commitment to personal renewal. They include:*

## APPLES

A powerful source of antioxidants and vitamin C.

## AVOCADO

A great source of fibre and folate potassium, vitamin E and magnesium content

## BEANS

A great source of protein, fibre, B vitamins, iron, folate, potassium and magnesium.

## BLUEBERRIES

Contain incredibly high levels of antioxidant phytonutrients.

## BROCCOLI

One of the most nutrient-dense foods, containing antioxidants, vitamin C and folate.

## DARK CHOCOLATE

Assists in lowering blood pressure, increasing bloodflow and contributing to a healthy heart.

## KIWIFRUIT

Contains the most potent mix of nutrients in any fruit important for cardiovascular health.

## LOW FAT YOGHURT

The most important probiotic in our modern diet and a great source of dietary calcium.

## OATS

An excellent source of soluble fibre, contain essential fats and are rich in zinc, calcium, magnesium and iron.

## SALMON

An excellent source of EPA and DHA Omega 3 fatty acids, essential for a strong cardiovascular system.

## SPINACH

Extremely rich in antioxidants and a source of more than 20 different measurable nutrients.

## TOMATOES

Loaded with vitamins, fibre and the health promoting phytonutrient lycopene.

## WALNUTS

One of the best sources of plant protein, rich in fibre, antioxidants and a healthy source of monosaturated fatty acids.

**WESTIN**<sup>®</sup>  
HOTELS & RESORTS





# FRESH START

## SuperFoodsRx™\*


Fuel your body with delicious SuperFoodsRx dishes packed with nutrients and energy. Antioxidant rich and naturally low in calories, our tempting selections make healthy meals impossible to resist.

For a better you.™

SMOKED SALMON AND SWEET POTATO PANCAKE Served with yoghurt and rocket salad \$17.00 

HOMEMADE GRANOLA With toasted rolled oats, honey, hazelnuts and dried apple \$11.00 

APPLE AND ORANGE SALAD Roasted pumpkin and manuka honey-lemon yoghurt dressing \$16.00 

REFRESH Chopped fruits with dark chocolate sauce \$16.00 

WHOLEMEAL PIKELETS Served with a blueberry compote \$16.00 

## JUICES & YOGHURTS

Freshly squeezed juice and smoothies from the Juicery \$14.00

Watermelon and basil

Orange, grapefruit, lemon and lime

Cucumber, honeydew, and coriander

Beet, carrot, kale, apple, lemon, and ginger

Blueberry, spinach, chia, avocado, almond milk & granola

Kale, spinach, banana, mango, and cinnamon

Natural, low fat, low fat fruit or Greek yoghurt \$6.00

## MILK

Glass of full cream, skim or soy milk (cold or hot) \$6.00

## CHOICE OF TWO BAKERY ITEMS

Muffins, Danish pastries, croissants, crumpets, two slices of white, gluten free, wholemeal or multigrain toast, English muffins, raisin bread or bagels \$10.00.

Served with butter or margarine, a selection of fruit preserves, honey, vegemite and peanut butter.

## CEREALS


Muesli, gluten free muesli, Sultana Bran, Cornflakes, Weet-Bix, Coco Pops, Rice Bubbles, Nutri-Grain, All-Bran, Special K or Just Right, served with your choice of milk (full cream, skim or soy, warm or cold) \$10.00

## COOKED BREAKFAST

EGGS BENEDICT Two poached eggs with ham hock, hollandaise, grilled tomato and broccolini \$20.00

EGGS FLORENTINE Two poached eggs with baby spinach, hollandaise, grilled tomato and broccolini \$20.00

TWO FRESH FARM EGGS Cooked to your liking, served with sourdough toast, broccolini and tomato \$21.00

EGG WHITE OMELETTE with spinach, onion and cheddar, served with rocket and cherry tomato \$23.00 

SMASHED AVOCADO AND FETA Grilled sourdough, poached eggs, tomato salsa and coriander \$19.00

HOMEMADE BIRCHER MUESLI Citrus, apple and cranberry muesli with fresh berries, almond and pepitas \$16.00

FRESH SLICED SEASONAL FRUIT PLATTER Served with your choice of natural, low fat, low fat fruit or Greek yoghurt \$17.00

BELGIAN WAFFLES Served with seasonal berries and whipped cream \$20.00

STEEL CUT OATMEAL AND BANANA With cinnamon and pecan served with milk on the side \$20.00 

## SIDE ORDERS

Honey cured ham, chicken sausages, smoked salmon, sautéed mushrooms, crisp short-cut bacon rashers, home-made baked beans \$7.00 each

## COFFEE & TEA

DECAFFEINATED COFFEE AND TEA

Espresso decaffeinated coffee \$6.00

Freshly brewed decaffeinated tea \$7.00

Hot Chocolate \$8.00

COFFEE

Espresso coffee \$6.00

Freshly brewed coffee \$4.50

FINE SELECTION OF JING TEAS

English Breakfast, Earl Grey, Chai, Lychee Red Black, White Peony, Flowering Osmanthus, Yellow Gold Oolong, Vintage Pu-erh, Jasmine Pearls, Jade Sword Green, Lemongrass & Ginger, Chamomile, Peppermint Leaf, Blackcurrant and Hibiscus Whole Fruit Infusion \$7.00

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\*\*\*“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 *SuperFoodsRx: Fourteen Foods That Will Change Your Life*.

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

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