

WESTIN

Eat Well



In-Room Dining Menu

2,3 Breakfast

4,5 Lunch + Dinner

6 Kids Menu

7 Sleep Well Menu

8,9 Alcoholic Beverages

Breakfast

Available from 6:00AM to 11:30AM. Dial 7114.

Entrées

AMERICAN BREAKFAST 26.00
Two free range eggs cooked to order, house cut potatoes, toast, choice of: pork sausage, crispy bacon, grilled ham, or apple chicken sausage.
Choice of: Starbucks coffee or tea

THREE EGG OMELETTE 24.00
French brie cheese, mushroom, cured tomato, arugula, breakfast potatoes, toast

LEMON RICOTTA BUTTERMILK PANCAKES 19.00
Orange poppy seed gastrique, maple syrup, sugar dust

BREAKFAST BUN 18.00
Two eggs sunny side, arugula, cheddar, ham, onion jam, brioche bun

AVOCADO TARTINE 19.00
Multi grain, sunny egg, pickled onion, cherry pepper, radish, chia hemp flax seed medley, petit salad

EGGS YOUR WAY 21.00
Two free range eggs cooked to order, house cut potatoes, toast, choice of: pork sausage, crispy bacon, grilled ham, or apple chicken sausage

EGGS BENEDICT 25.00
Two poached eggs, english muffin, Canadian bacon, pink peppercorn hollandaise, breakfast potatoes

“NOSH” NEW YORKER 28.00
Everything bagel, smoked salmon, scallion cream cheese, pink onions, arugula, capers, petit salad

CHIA BOWL 16.00
Hemp hearts, strawberry, coconut flakes, banana, apricot, agave

Eat Well Menu

Our Westin Eat Well Menu offers a selection of nutritious dishes, handcrafted by our Chef with guests’ well-being in mind. From flexible portion sizes to mindfully selected ingredients, this special menu offers a variety of healthier choices to help you eat well, for you.

MORNING BREAKFAST OVERNIGHT OATS
Half 9.00 | Full 17.00
Greek yogurt, granny smith apple, oats, raisins, grapes, walnuts, cinnamon

FRENCH TOAST
Half 10.00 | Full 19.00
Brioche, lemon labneh, organic maple syrup, mixed seasonal berries, powdered sugar, mint leaves

“LOX” OMELET
Half 13.00 | Full 25.00
Cage free eggs, red onion, capers, smoked salmon lox, dill labneh, blistered tomatoes, diced potatoes

SHIITAKE AND ASPARAGUS FRITTATA
Half 12.00 | Full 24.00
Free range egg, shiitake mushroom, asparagus, blistered tomatoes, arugula



OUR SOURCING PROMISE
We actively seek out suppliers we trust, to source ethical, sustainable and organic ingredients wherever possible.

A 15% service charge (plus tax) and a \$7.00 delivery fee will be added to your bill. The entire service charge is distributed to employees performing the service. The delivery charge is retained by the hotel for administrative and other costs. It is not a tip, gratuity or ser-vice charge for any employee. Consuming raw or undercooked meats, seafood, shellfish or eggs may increase your risk of food-borne illness.

Breakfast

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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.

Spicy Dandelion Juice: Pineapple, Lime, Jalapeno, Coconut Water 12.00

Melon Tumeric Juice: Honeydew, Pear, Lemon, Turmeric 12.00

Spicy Cucumber Juice: Cucumber, Cilantro, Lime, Spinach 12.00

Fruit, Juices + Yogurts

Freshly Squeezed Orange Juice 10.00

Grapefruit or Apple Juice 8.00

V8 Juice 8.00

Fruit and Berries 14.00

Strawberry Banana Smoothie with Greek Yogurt, Apple Juice, Chia Seeds, Banana Bread 14.00

Cereals + Oats

Raisin Bran, Corn Flakes, Rice Krispies, Froot Loops, Frosted Flakes, Cheerios, Granola 7.00

Steel Cut Oats with golden raisins, pecans, roasted apple, pumpkin seeds, maple syrup 14.00

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 8.00

Cappuccino 10.00

Cafe Latte 10.00

ASSORTED TEAVANA TEAS 6.00
Earl Grey, Green, Calm, Awake, Chai, Decaffeinated Chai

Breads + Pastries

Pastry Basket: Danish, Croissant, Blueberry Muffin, Bran Muffin. Served with butter and fruit preservatives 8.00

Bagel with Choice of Spread

Choice of: Everything, Plain, Sesame, Cinnamon Raisin. Served with regular or low-fat cream cheese, butter, peanut butter, or assorted jams 8.00

Side Orders

Country Pork Sausage 8.00

Maple Apple Chicken Sausage 8.00

North Country Smoked Ham 8.00

Free Range Eggs 8.00

House Cut Potatoes 8.00

Crispy Smoked Bacon 9.00

Lunch + Dinner

Lunch available 11AM to 1:30PM. Dial 7114.

Dinner available 4PM to 11:30PM, 12AM on weekends.

Social Snacks

NEW ENGLAND CLAM CHOWDER 15.00
Smoked Bacon, New Potatoes, Westminster Crackers

AHI TUNA TOSTADA 25.00
White Corn Tortilla, Purple Cabbage, Avocado, Spicy Mayo, Togarashi Spice

ROASTED BUTTERNUT SQUASH BISQUE 15.00
Roasted Apple, Pumpkin Seeds, Sage

CHEESE & CHARCUTERIE BOARD 31.00
Local New England Meat & Cheese

WINGS FOR DAYS 18.00
Six Hand Tossed House-Made Chicken Wings
Flavors: Thai Chili, Dry Rubbed, Bourbon BBQ, Chipotle Buffalo
Served with Bleu Cheese Emulsion, Celery Curls

Sandwiches

AGED SIRLOIN + BRISKET BURGER 26.00
8oz Sirloin + Brisket blend, Lettuce, Tomato, Red Onion, Cheddar, House Aioli, Brioche Roll, Rosemary Fries

CRISPY FREE RANGE CHICKEN SANDWICH 25.00
Buttermilk Brined Chicken Thigh, Ranch Dressing, Shaved Fennel, Arugula, Pickles, Basil, Sriracha Aioli, Brioche Roll, Rosemary Fries

CHICKEN QUESADILLA 24.00
Pulled Achiote Chicken, Scallion, Peppers, Avocado, Tortilla, Cheddar, Monterey Jack, Pink Onion, Cotija

NEW ENGLAND LOBSTER ROLL 41.50
Classic Lobster Salad, Old Bay, Celery, Scallions, Shredded Lettuce, Brioche Roll, Old Bay Chips

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ARUGULA + QUINOA SALAD
Half 9.00 | Full 18.00
Arugula, quinoa, corn, radish, carrots, tomato, pistachios, goat cheese, citrus vinaigrette

GRILLED CHICKEN MEZZE
Half 11.00 | Full 22.00
Marinated chicken skewer, harissa, tabbouleh, roasted garlic yogurt, sumac onions, pita bread

ROASTED CREMINI MUSHROOMS
Half 9.00 | Full 18.00
Cremini mushrooms, chives, lemon vinaigrette, parmesan cheese

BEYOND BURGER
Full 22.00
Brioche bun, Beyond Burger patty, cheddar cheese, paprika aioli, lettuce, vine ripe tomato, red onion

ROASTED HEIRLOOM CAULIFLOWER
Half 11.00 | Full 23.00
Cauliflower, Romanesco Broccoli, Green Goddess Dressing

HONEY GARLIC GLAZED SALMON + BROWN RICE PILAF
Half 19.00 | Full 38.00
Salmon filet, diced vegetables, brown rice pilaf



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Salads

SWEET GEM CAESAR 19.00
Crisp Baby Romaine, Garlic Crostini, Cured Tomato, Pink Onion, Grana Padano Crumble, Creamy Lemon Dressing

WESTIN COBB 24.00
Artisan Greens, Grilled Chicken, Eggs, Mushrooms, Avocado, Blue Cheese, Pink Onion, Cucumber, Tomato, Grilled Chicken, Green Goddess Dressing

ADD GRILLED CHICKEN 5OZ 10.00

ADD GRILLED SALMON 5OZ 13.00

ADD GRILLED SHRIMP 4OZ 15.00

ADD SEARED TOFU 5OZ 8.00

Entrees

SPAGHETTI FILETTO DI POMODORO 28.00
San Marzano Tomato Ragout, Parmigiano-Reggiano, Parsley, Cipollini, Fresh Basil

STEAK + POTATOES 59.00
12oz Prime New York Strip, Purple Potatoes, Baby Carrots, Sumac Onions, Micro Cilantro

Dessert

BOSTON CREAM PIE 15.00
Seasonal Berries, Chantilly Cream, Crème Anglaise

CRÈME BRULÉE 15.00
Vanilla Bean Custard, Burnt Sugar, Fresh Berries

CHOCOLATE LAVA CAKE 15.00
Caramel Sauce, Chantilly Whipped Cream, Vanilla Bean Ice Cream

PINTS OF ICE CREAM 10.00
Vanilla, Chocolate, or Strawberry

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Kids Menu

Discover kids' meals that are as delicious as they are nutritious with the Westin Eat Well Menu for Kids, developed to make kids and parents happy. Dial 7114.

Breakfast

Available from 6:00AM to 11:30AM

PANCAKE LOLLIPOPS 9.00
Fresh Strawberries, Maple Syrup, Plain Yogurt

STRAWBERRY YOGURT MILKSHAKE 5.00
Strawberries, Low-Fat Vanilla Greek Yogurt

FRUIT SMOOTHIE 5.00
Strawberries, Blueberries, and Bananas Blended with Orange Juice & Honey

CHOCOLATE MILK 3.00

Dessert

FRUIT KEBABS 5.00
Fresh Fruit Served with Low-Fat Greek Yogurt, Corn Bread Cookies

APPLE FRUIT SALAD 5.00
Cored Apple Filled with Fresh Fruit

Lunch or Dinner

Lunch Available from 11:00AM to 1:30PM

Dinner Available from 4:00PM to 11:30PM, 12AM on weekends

KIDS CAESAR SALAD 10.00
Grilled Chicken, Gem Lettuce, Parmesan, Bacon, Croutons, Caesar Dressing

KIDS GRILLED TURKEY BURGER 9.00
Wheat Bun, Tomato, Lettuce, Sweet Potato Wedge, Celery and Carrots

KIDS CHICKEN NUGGETS 9.00
Ketchup, Sliced Apple, Celery and Carrots

PITA CHIPS & CRISP VEGETABLES 5.00
Hummus, Low-Fat Yogurt Dip

KIDS PEANUT BUTTER & BANANA SANDWICH 9.00
Wheat Bread, Sliced Banana, Seasonal Fruits

KIDS PEANUT BUTTER & JELLY SANDWICH 8.00

KIDS MAC N CHEESE 10.00

KIDS SPAGHETTI WITH MARINARA SAUCE 10.00

KIDS FRUIT AND BERRIES BOWL 10.00



OUR SOURCING PROMISE
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Sleep Well Menu

Enjoy these nutritious selections 1–2 hours before bedtime to enhance your rest and enrich your well-being. Dial 7114.

CHIA BOWL

Hemp Hearts, Strawberry, Coconut Flakes, Banana, Apricot, Agave 16.00

CAULIFLOWER STEAK

Roasted Cauliflower, Marcona Almond and Piquillo Hummus, Beluga Lentils, Coconut Cream, Crispy Chickpeas, Broccolini, Petit Herbs 24.00

FRUITS + BERRIES

Seasonal Selection of Local Fruit and Berries 13.00

GRANOLA AND GREEK YOGURT

Greek Yogurt, Assorted Seasonal Berries, Granola, Almond Brittle, Mint, Agave 14.00

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 6.00

Whether you’re adjusting to a new time zone or recovering from your travels, restful sleep is the key to renewal. These selections are packed with amino acids, vitamins and minerals that promote sound sleep, including:

<p>TRYPTOPHAN</p> <p>Boosts serotonin production and enhances sleepiness</p>	<p>MAGNESIUM & POTASSIUM</p> <p>Electrolytes often lost during travel that help promote sleep and prevent insomnia</p>
<p>MELATONIN</p> <p>Resets sleep-wake cycles, combating jet lag and improving sleep quality</p>	<p>FOLATE</p> <p>Helps fight fatigue during the day and promotes sound sleep at night</p>
<p>THIAMIN</p> <p>Important B vitamin that helps improve sleep patterns</p>	<p>SEROTONIN</p> <p>Promotes relaxation and induces sleepiness</p>

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Alcoholic Beverages

Available 8:00AM Monday through Saturday. 10:00AM on Sunday. Dial 7114.

White Wines

- RIESLING, CHATEAU STE. MICHELLE**

18 72

Italy
- PINOT GRIGIO, PIGHIN**

16 68

Italy
- PINOT GRIGIO, BOLLINI**

16 64

Italy
- SAUVIGNON BLANC, WAIRAU RIVER**

17 68

New Zealand
- SAUVIGNON BLANC, KIM CRAWFORD**

17 68

New Zealand
- CHARDONNAY, CHATEAU STE. MICHELLE**

18 72

California
- CHARDONNAY, SONOMA CUTRER**

18 72

Russian River Valley, California
- CHARDONNAY, HESS**

16 64

Monterey, California
- SANCERRE, JACQUES DUMONT**

19 78

Russian River Valley, California
- ROSÉ, CHATEAU MINUTY**

18 72

France
- ROSÉ, COTES DE RHONE**

18 78

France
- SPARKLING WINES**
- PROSECCO, RUFFINO**

17 68

Italy
- DOMAINE CHANDON BRUT**

22 85

California
- MUMM NAPA BRUT**

24 90

California
- VEUVE CLIQUOT BRUT**

120

France (375 ml)
- MOET & CHANDON**

240

France

Red Wines

- PINOT NOIR, ERATH**

16 66

Sonoma, California
- PINOT NOIR, CHERRY PIE**

16 64

Sonoma, California
- PINOT NOIR, MEIOMI**

17 68

Sonoma, California
- MERLOT, ST. FRANCIS**

18 72

Sonoma, California
- RED BLEND, JEAN LUC**

17 68

Paso Robles, California
- RED BLEND, TROUBLEMAKER**

17 68

Paso Robles, California
- RED BLEND, HACIENDA DE ARINZANO**

17 68

Spain
- CABERNET SAUVIGNON, FEDERALIST**

18 65

Lodi, California
- CABERNET SAUVIGNON, JUSTIN PASO ROBLES**

19 76

California
- CABERNET SAUVIGNON, CAYMUS**

45 162

Napa, California
- CABERNET SAUVIGNON, HESS ALLOMI**

18 72

Napa, California
- MALBEC, ARGENTO**

17 68

Uco Valley
- TEMPRANILLO, HACIENDA**

18 72

Spain

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Alcoholic Beverages

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Craft + Local Beers

HARPOON IPA, MA 10

LUNCH IPA, ME 11

SAM ADAMS SEASONAL, BOSTON, MA 9

SAM ADAMS, BRICK RED, MA 9

STELLA, BELGIUM 9

PIG'S EAR, BROWN ALE, WOODSTOCK, NH 9

NIGHT SHIFT BREWING, FLUFFY HAZY IPA, BOSTON, MA, 9

CASTLE ISLAND LAGER, NORWOOD, MA 9

WHALERS RISE APA, SOUTH KINGSTON, RI 9

ALLAGASH WHITE, PORTLAND, ME 10

GUINNESS, IRELAND 10

Bottled Beer

DOMESTIC + IMPORTED 8

Bud Light

Budweiser

Modelo

Coors Light

Corona Extra

Corona Light

Heineken

Heineken 0.0

Sam Adams Lager

Blue Moon Belgian White

Michelob Ultra

Spiked Seltzer

TRULY SPIKED SELTZER 8

Lemon Tea, Wild Berry, Pineapple

TRULY SPIKED SELTZER 8

Lime, Mango, Black Cherry

Assortment of To-Go Bottles

PATRON SILVER 375ML 45

MAKERS MARK 375ML 37

TITOS 375ML 30

BOMBAY SAPPHIRE 375ML 30

JOHNNIE WALKER BLACK 375ML 35

CAPTAIN MORGAN 375ML 30

KETTLE ONE 375ML 35

'On The Rocks' Cocktails

COSMOPOLITAN 375ML/187ML 35 / 18

MAI TAI 200ML 375ML/187ML 35 / 18

MARGARITA 375ML/187ML 35 / 18

OLD FASHIONED 375ML/187ML 35 / 18

MANHATTAN 375ML/187ML 35 / 18

AVIATION 375ML/187ML 35 / 18

CLASSIC DAIQUIRI 375ML/187ML 35 / 18

ESPRESSO MARTINI 375ML/187ML 35 / 18

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