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## Hotel Venues

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### High Street Grill

Contemporary Local Cuisine

#### HOURS

Monday - Friday 6:00AM – 11:00AM

Saturday - Sunday 7:00AM – 12:00PM

Breakfast

Monday - Friday 11:00AM – 2:00PM

Lunch

#### LOCATION

Lower level of the hotel

#### HOURS

Monday - Sunday

6:00AM – 11:00AM

Call service express for hours and information

### Thurber's Bar

Handcrafted cocktails, locally inspired chef crafted offerings

#### HOURS

Monday - Friday 2:00PM – close

Saturday - Sunday 12:00PM – close

#### LOCATION

Front entrance of the hotel

### Starbucks Coffee Outlet

# Energize with SuperFoodsRx™ dishes made with ingredients packed with nutrients to power your day.



## 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

# Breakfast

Available from 6:00AM to 11:00AM\* Monday through Friday.  
7:00AM to 11:00AM Saturday & Sunday.  
Dial Service Express®

## Entrées

### THE WESTIN CONTINENTAL 12

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 or tea

### MALTED BELGIAN WAFFLE 12

Served with 100% Ohio maple syrup and butter, fresh berries and choice of bacon or sausage

### SMOKED BOURBON BARREL SALMON BENEDICT 16

Smoked salmon, griddled tomato, arugula, poached eggs and dill cream drizzle

### EGGS YOUR WAY 12

Two eggs prepared any style, breakfast potatoes, choice of bacon or sausage

### PUMPKIN CHEESE FILLED PANCAKES 14

Blue jacket pumpkin cheese, toasted walnuts, Ohio bourbon maple syrup

### SCRAMBLED EGG WRAP 10

Roasted natural turkey, cheddar cheese, avocado, chipotle salsa, served with hash browns

### NATURAL TURKEY & SWEET POTATO HASH 12

Poached egg, chipotle hollandaise

### EGG WHITE OMELET 13

Diced onions, cheddar cheese, julienne basil and broccoli, served with breakfast potatoes

### CREATE-YOUR-OWN OMELET 13

Choice of three: ham, tomatoes, asparagus, spinach, green peppers, onions, mushrooms, bacon, Swiss or cheddar cheese, served with breakfast potatoes

### BERRY, APPLE AND GRANOLA MUESLI 8

Low-fat plain yogurt, granola, honey, apple, walnuts and pomegranate

### BANANA BLUEBERRY SMOOTHIE 7

Soy milk, fresh apple and lemon juice

### LOW FAT GREEK YOGURT PARFAIT 9

Vanilla yogurt with house made granola and fresh berries

### FRESH SEASONAL BERRIES 8

Raspberries, blackberries, strawberries and blueberries

## Breads + Pastries

Served with butter and fruit preserves

Danish Pastries, Croissants, Fruit or Bran Muffins, Scones, Banana Bread or Toasted Bagel and Cream Cheese 4

Nine-grain, rye, white, raisin, sourdough bread, or English muffin 4

## Side Orders

Bacon, Ham, Chicken Sausage or Sausage 5

Breakfast potatoes 5

A delivery charge of \$3.75, plus 22% gratuity and sales tax, will be added.

\*Extended breakfast available Saturdays and Sundays until 3:00PM

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

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

All prices in U.S. dollars

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This recipe has been created and tested in the SuperChefs kitchens by the SuperChefs kids.

# Breakfast

Available from 6:00AM 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.

Cucumber, honeydew melon, cilantro juice 7

Tumeric, carrot, orange, ginger, mango juice  7

Blueberry, spinach, chia seed, avocado, almond milk, granola smoothie  7


Spinach, kale, banana, mango, cinnamon smoothie  7

## Fruits, Juices + Yogurts

Freshly Squeezed Orange, Grapefruit or Apple Juice 4.50

Tomato, V8 or Pineapple Juice 4.50

Greek yogurt with market berries  6

Assorted low fat yogurt  3.50

Fresh seasonal market berries  8

## Cereals

Raisin Bran, Corn Flakes, Rice Krispies, Froot Loops, Frosted Flakes, Cheerios, Wheaties, Granola 4

Hot Oatmeal with brown sugar, walnuts and raisins 6

## Coffee + Tea

Freshly brewed Starbucks® blend Coffee, Regular or Decaffeinated

Small Pot (3 cups) 7

Large Pot (6 cups) 11

Espresso 3

Cappuccino 5.50

Cafe Latte 5.50

## ASSORTED TAZO TEAS 4

Awake, Calm, Wild Sweet Orange, Earl Grey, Tazo Chai, Passion, Lotus


# 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.


## BANANA BLUEBERRY SMOOTHIE 7

Soy milk, fresh apple and lemon juice 

## SCRAMBLED EGG WRAP 10

Roasted turkey, cheddar cheese, avocado, chipotle salsa, served with breakfast potatoes 

## PUMPKIN CHEESE FILLED PANCAKES 12

Blue jacket pumpkin cheese, toasted walnuts, Ohio bourbon maple syrup 

## BERRY, APPLE AND GRANOLA MUESLI 8

Low-fat plain yogurt, granola, honey, apple, walnuts and pomegranate 

## YOGURT FARFAIT 9

Vanilla yogurt with house made granola and fresh berries

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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 6:00AM to 11:00PM. Dial Service Express®.

## Breakfast

Available from 6:00AM to 11:00AM Monday through Friday and 7:00AM to 11:00AM Saturday & Sunday

## BANANA & PEANUT BUTTER STUFFED CREPES 7

Served with berry compote


## BABY SPINACH & CHEESE OMELET 7

Served with fruit salad 

## BREAKFAST CEREAL 5

Served with seasonal fruit and milk

## BUILD YOUR OWN GRANOLA PARFAIT 6

Low fat Greek yogurt, organic granola, strawberries, blueberries and raspberries 


## Lunch or Dinner

Available from 11:00AM to 11:00PM


## TUNA SALAD SANDWICH 8

Served on whole wheat bread with lettuce and tomato


## CHICKEN FINGERS 8

Baked chicken with corn flake breading served with carrots, celery sticks and low fat ranch sauce 

## CHICKEN COBB SALAD 10

Mixed greens, chicken, cheese, avocado and cherry tomato with low fat dressing 

## HUMMUS WRAP 9

Whole wheat wrap filled with lettuce, red bell pepper and cucumber, served with apple slices 

## GRILLED BEEF BURGER 10

With lettuce, tomato, oven roasted sweet potato and vegetable crudites

## TURKEY GRILLED CHEESE 8

Whole wheat bread, apple slices 

## CHICKEN QUESADILLA 6

Fresh avocado, shredded lettuce, salsa and sour cream

## Dessert

## CORED APPLE FILLED WITH FRUIT 5

## STRAWBERRIES & CREAM IN A CHOCOLATE BOWL 5

Honey non fat cream cheese filling

## Drinks

## FRUIT SMOOTHIE 5

Strawberries, blueberries and bananas blended with orange juice and honey 

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# All-Day Dining

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

**LEMON & ROASTED TOMATO HUMMUS** 8  
Crisp vegetables, roasted tomato, grilled naan bread

**LAUREL VALLEY CHEESE BOARD** 15  
Pickled vegetable, preserves and crackers

**OHIO FIVE CHEESE MAC** 10  
A blend of Ohio artisan cheeses


**DOZEN BUFFALO WINGS** 13  
Ancho BBQ rubbed jumbo wings, port blue cheese

**SOUP OF THE DAY** 7  
Ask for our daily offering

**PICKLED BEET AND PEAR SALAD** 15  
Farmer's cheese, toasted almonds, haricots vert, champagne vinaigrette 

**CLASSIC CHICKEN CAESAR SALAD** 14  
Grilled herbed chicken breast, crisp croutons, Parmesan, pear tomato

**BANANA BLUEBERRY SMOOTHIE** 7  
Soy milk, fresh apple and lemon juice 

**TURKEY BLT** 11  
Whole grain bread, lemon mustard aioli, Boston lettuce, sliced tomato 

**BLACK & BLUE ANGUS BRISKET BURGER** 12  
Pepper bacon, sliced Stella blue cheese, lettuce & tomato, toasted potato bun

**THURBER'S ANGUS BRISKET BURGER** 15  
Middleton goat cheddar, roasted balsamic onions, lettuce, tomato, sunny side egg, toasted brioche bun

**MARKET VEGETABLE WRAP** 11  
Baby spinach, portobello mushroom, roasted pepper, fresh mozzarella and basil pesto 

**NEW YORK STRIP STEAK** 29  
Smashed Yukon potato, oven roasted root vegetables, whole mustard demi

**NATURAL GRILLED PORK CHOP** 26  
Bacon & fingerling hash, braised cabbage and apples

**BROILED GREEN TEA LACQUERED FAROE SALMON** 25  
Sweet potato, shiitake mushrooms, spinach

**WHOLE WHEAT SPAGHETTI** 18  
Spinach & portobello, edamame & broccoli, tomato sauce 

**AMISH FARMS HALF CHICKEN** 22  
Red Himalayan pilaf, roasted Brussels sprouts

## Side Orders

Sauteed vegetables 5

Seasoned fries 5

Roasted fingerling potatoes 5

## Desserts

**TRIO OF CRÈME BRÛLÉE** 7  
Ask for weekly flavor

**FRESH SEASONAL BERRIES**  7

**CHOCOLATE POT A CREME** 7

**HALF PINT OF JENI'S ICE CREAM** 8  
Please ask for our offerings

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# Late-Night Dining

Served from 11:00PM to 6:00AM. Dial Service Express®.

**CHICKEN NOODLE SOUP** 7  
Tender chicken in an herbed broth with noodles

**CAESAR SALAD** 8  
Crisp romaine, cherry tomato, Parmesan cheese

**TOSSED GREEN SALAD** 8  
Baby greens, tomato, red onion, cucumber choice of dressing 

**TURKEY BLT** 11  
Whole grain bread, lemon mustard aioli, arugula, oven roasted roma tomato, kettle chips 

**TUNA SANDWICH** 10  
Whole wheat wrap, lettuce and tomato, kettle chips

**8" PIZZA** 12  
Four cheese

**CHICKEN QUESADILLA** 11  
Salsa, sour cream

**BANANA BLUEBERRY SMOOTHIE** 7  
Soy milk, fresh apple and lemon juice 

## Dessert

**HALF PINT OF JENI'S ICE CREAM** 7  
Ndali Estate Vanilla Bean, The Milkiest Chocolate in the World or The Buckeye State

**VANILLA CHEESECAKE** 7

**CHOCOLATE CAKE** 7

**BOWL OF FRUIT** 7

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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®

**SMOKED TURKEY AVOCADO WRAP** 12  
 Avocado, tomato, greens, roasted red pepper aioli in a whole grain tortilla. Served with a baby arugula and oven-dried tomato salad with champagne vinaigrette

**GREEN SALAD** 15  
 Mixed greens, oranges, strawberries, hemp seeds, avocado, served with white balsamic vinaigrette

**QUINOA TABOULEH** 11  
 Tri-color quinoa, parsley, mint, tomato and cucumber

**BEDTIME SNACK** 6  
 Bowl of muesli with skim milk

**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

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 sleepiness

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# Alcoholic Beverages

Available from 7:00AM to 12:00AM\*. Dial Service Express®

## White Wines

	glass	bottle
<b>MAGNOLIA GROVE</b> Chardonnay, California	6	25
<b>BOLINI</b> Pinot Grigio, Italy	9	33
<b>ANEW</b> Riesling, Columbia Valley	8	28
<b>KIM CRAWFORD</b> Sauvignon Blanc, Marlborough, New Zealand		40

## Red Wines

<b>MAGNOLIA GROVE</b> Cabernet Sauvignon, California	6	25
<b>CELLAR NO. 8</b> Merlot, California	6	24
<b>DE LOACH</b> Pinot Noir, California	10	35
<b>CHATEAU ST JEAN</b> Cabernet, Sonoma, California		40

## Sparkling

<b>CHANDON</b> Brut Classic, California	10	44
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## Beer

<b>DOMESTIC BOTTLE</b> Budweiser Bud Light Miller Lite	
<b>CRAFT</b> Rhinegeist Puma Pilsner 6 Columbus Brewing IPA 6 Rhinegeist Hopped Cider 6	

<b>IMPORT</b> Heineken Heineken Light Corona Extra Corona Light	
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<b>NON-ALCOHOLIC</b> St. Pauli Girl N/A	
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\*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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