

WESTIN

Eat Well





NOURISH YOUR WELL-BEING

At Westin, we believe that feeling good starts with getting the nourishment that is right for you. That's why we aim to provide nutritious options that contribute to your overall well-being. We ensure that dishes are sourced responsibly, crafted flexibly and created thoughtfully to accommodate individual dietary needs and preferences without compromising flavor, taste or satisfaction.



In-Room Dining Menu

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Breakfast

Available from 7:00AM to 11:00AM. Dial Service Express®.

Entrées

CLASSIC BREAKFAST 30.00

2 eggs any style, bacon, chicken sausage, toast, hash browns & fruit

CONTINENTAL BREAKFAST 24.00

Baked pastries, fruit, fresh orange juice

BAKERY BASKET 18.00

Butter croissant, tea cake, scone, muffin of the day

SMOKED SALMON BENNY 29.00

2 poached eggs, smoked salmon, English muffin, classic hollandaise sauce, hash browns & fruit

CANADIAN BACON BENNY 30.00

2 poached eggs, Canadian bacon, English muffin, classic hollandaise sauce, hash browns & fruit

PANCAKES 26.00

Vanilla maple butter, strawberries

AVOCADO TOAST 26.00

Avocado, radish, ricotta, chimichurri

Side Orders

Double Smoked Bacon 8.00

Organic Free-Run Egg 6.00

Hash Brown Potatoes 7.00

Half Avocado 6.00

Seasonal Fruit Plate 16.00

Sourdough, Whole Wheat, White, Multi-Grain Toast 7.00

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. Available from 7:00AM to 11:00AM. Dial Service Express®.

GRANOLA PARFAIT

Half 10.00 | Full 18.00

House granola, seasonal berries, bee pollen

EGG WHITE OMELETTE

Half 18.00 | Full 26.00

Seasonal vegetables

VEGETABLE FRITTATA

Half 18.00 | Full 27.00

Spinach, heirloom tomato & feta



OUR SOURCING PROMISE

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

A delivery charge of \$12, plus 18% gratuity and government tax, will apply to all in-room dining orders. Consuming raw or undercooked meats, seafood, shellfish or eggs may increase your risk of food-borne illness.

Breakfast

Available from 7:00AM 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.

GREEN APPLE & SPINACH 13.00
Green Apple, Spinach, Ginger Syrup

TROPICAL SMOOTHIE 13.00
Coconut Water, Pineapple, Mango, Lime Juice

DATE SHAKE 15.00
Oat Milk, Mixed Berries, Dates

Juices

Fresh Orange, Grapefruit or Apple Juice 8.00

Coffee + Tea

Starbucks® Coffee, Regular or Decaffeinated 6.00

Umbria Premium Brew 7.00

Traditional French Press (30oz) 8.00
+ Biscotti

Single Espresso 7.00
+ Biscotti

Double Espresso 10.00
+ Biscotti

Cappuccino 8.00
+ Biscotti

Cafe Latte 8.00
+ Biscotti

Americano 8.00
+ Biscotti

London Fog 8.00

TAZO TEAS 7.00
English Breakfast, Camomile, China Green Tips

All-Day Dining

Available from 11:00AM to *9:00PM. Dial Service Express®.

Soups & Salads

VANCOUVER ISLAND CHOWDER 21.00
Clams, prawns, island fish,
double smoked bacon, house focaccia

CAESAR SALAD 28.00
Romaine, bacon bits, anchovy,
honey sourdough croutons

CREAM OF MUSHROOM 16.00
Wild mushrooms, truffle Chantilly,
rosemary crumb

Lighter Fare

RISOTTO 32.00
Foraged mushrooms, herbs, parmesan, lemon

KEBAB PLATE 25.00
Served with turmeric rice, Greek salad, & tzatziki

CHOICE OF:
Grilled Chicken (5oz.)
Grilled Striploin (4oz.)
6 Grilled Prawns

Eat Well Menu

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WALDORF
Half 16.00 | Full 26.00
Garden greens, grapes, shaved celery, apple,
candied walnuts, tarragon-champagne dressing

RISOTTO
Half 18.00 | Full 32.00
Foraged mushrooms, herbs, parmesan, lemon

GRILLED CHICKEN
Half 24.00 | Full 32.00
Grilled chicken, seasonal vegetables, steamed rice

RIGATONI
Half 24.00 | Full 32.00
Mediterranean vegetables, ricotta,
young spinach, mushroom cream

CREAM OF MUSHROOM
Half 10.00 | Full 16.00
Wild mushrooms, truffle Chantilly,
rosemary crumb

STEELHEAD
Half 22.00 | Full 36.00
House potato & house vegetables



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All-Day Dining

Available from 11:00AM to *9:00PM. Dial Service Express®

Entrées

PRAWN LINGUINE 38.00

Chili garlic prawns, tomato ragu, olives, capers, feta cheese

HALIBUT & CHIPS 35.00

2 pieces of beer battered west coast wild halibut, creamy tartar sauce, coleslaw, hand-cut Kennebec fries, fresh lemon

SIRLOIN BURGER 27.00

Onion ring, cheddar, iceberg lettuce, tomatoes, pickles, thousand island

CHICKEN SANDWICH 27.00

Yoghurt spiced fried chicken, coleslaw, house sauce, brioche bun

Dessert

APPLE GALLETE 16.00

Brown sugar roasted apples, sweet pastry, vanilla ice cream

CHOCOLATE MOUSSE 18.00

Milk chocolate mousse, dark chocolate glaze, milk crumb

Late-Night Dining

Available from *9:00PM to 7:00AM. Dial Service Express®.

CHEESE & CHARCUTERIE 36.00

With seasonal accompaniments & house bread

CAESAR SALAD 28.00

Romaine, bacon bits, anchovy, honey sourdough croutons

HAM & SWISS SANDWICH 24.00

Ham, swiss, caramelized onions, dijonnaise, sourdough bread, side salad

Dessert

CHOCOLATE BON BONS 18.00

Chefs selection of chocolate truffles

*Hours based on business demands.

A delivery charge of \$12, plus 18% gratuity and government tax, will apply to all in-room dining orders.

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

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 to make kids and parents happy. Available from 7:00AM to *9:00PM. Dial Service Express®.

Breakfast

Available from 7:00AM to 11:00AM

CLASSIC BREAKFAST 12.00

One scrambled egg, bacon or sausage, toast, hash browns

PANCAKES 10.00

Homemade pancakes, cream, berries

BERRY SMOOTHIE 6.00

Mixed seasonal berries, banana, milk

Lunch or Dinner

Available from 11:00AM to 10:00PM

CHICKEN FINGERS 13.00

4 chicken fingers with Kennebec fries

GRILLED CHEESE 11.00

Mozzarella & cheddar on white bread

PENNE PASTA 13.00

Marinara sauce

CHICKEN & RICE 16.00

Grilled chicken & steamed rice

KIDS BURGER 13.00

4 oz burger patty, mayo, cheese, brioche bun

Dessert

SORBET 8.00

Three scoops of sorbet

FRUIT CUP 4.00

Seasonal fruits

Drinks

Fresh Orange, Grapefruit or Apple Juice 6.00



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.

*Available 24/7. Dial Service Express®.

STEELHEAD

House potato & house vegetables 36.00

CREAM OF MUSHROOM

Wild mushrooms, truffle Chantilly,
rosemary crumb 16.00

GRILLED CHICKEN

Grilled chicken, seasonal vegetables, steamed rice
32.00

*BEDTIME SNACK

Bear Mountain Trail mix 12.00

*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 8.00

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:

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

A delivery charge of \$12, plus 18% gratuity and government tax, will apply to all in-room dining orders.
Consuming raw or undercooked meats, seafood, shellfish or eggs may increase your risk of food-borne illness.

Alcoholic Beverages

Available from Monday–Wednesday 9:00AM to 10:00PM, Thursday–Saturday 9:00AM to 11:00PM.
Dial Service Express®.

White Wines

PINOT GRIS 16 | 65
VQA Okanagan, BC, Canada

RIESLING 16 | 65
VQA Okanagan, BC, Canada

CHARDONNAY 16 | 75
California, USA

SAUVIGNON BLANC 16 | 60
Marlborough, New Zealand

PINOT GRIGIO, DELLA VENEZIE 18 | 60
Veneto, Italy

Sparkling Wines

PROSECCO 16 | 58
DOC Veneto, Italy

CAVA BRUT 65
Penedes, Spain

CHAMPAGNE, BRUT RESERVE 145
France

Red Wines

PINOT NOIR 18 | 79
California, USA

MERLOT 17 | 75
VQA Okanagan, BC, Canada

MALBEC 16 | 65
Mendoza, Argentina

SAGIOVESE (BLEND) 17 | 65
Tuscany, Italy

CABERNET SAUVIGNON 20 | 95
Napa, California, USA

Beers & Ciders

HEINEKEN 10
Netherlands

STELLA ARTOIS 10
Belgium

CORONA 10
Mexico

KOKANEE 10
Canada

STRONGBOW CLASSIC CIDER 10

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.
A delivery charge of \$12, plus 18% gratuity and government tax, will apply to all in-room dining orders.

Hotel Venues

Dial Service Express® for additional information.

Callisto Casual Dining

From intimate dinners to family gatherings; this is your spot.

Fresh, local, inviting - discover well-being through inspired West Coast fare and breathtaking views at Callisto Casual Dining. Choose from a selection of house-made pastas, fresh seafood, aged beef and modern takes on traditional classics.

HOURS

7 Days a Week

Breakfast 7:00AM–11:00AM

Lunch/Dinner 11:00AM–9:00PM

LOCATION

Lobby.

RESERVE

1-250-920-9490

bearmountaindining.com

Serip Bar

HOURS

Sunday–Wednesday 9:00AM–10:00PM

Thursday–Saturday 9:00AM–11:00PM

LOCATION

Lobby.

Amatista Spa

Your ultimate sanctuary for relaxation and rejuvenation.

At Amatista Spa, we believe self-care is essential to living a healthy and fulfilling life. Our luxurious spa is designed to provide you with a serene and indulgent escape from the stresses of life. Relax in our steam room or sauna, enjoy a peaceful dip in our serenity pool, or take a moment of tranquility on our outdoor terrace - our spa is a haven of peace and serenity.

HOURS

Wednesday–Sunday 10:00AM–6:00PM

LOCATION

L1.

RESERVE

1-250-391-3705

amatistaspa.ca

