

## IN-ROOM DINING MENU

Dial "0" for Reception or call Callisto Restaurant directly at 9-250-920-9490

### BREAKFAST

Available daily from 7:00am - 11:00am.

#### BEAR CLASSIC BREAKFAST \$27

West Botanical Farm eggs, breakfast greens, house-made sourdough, hashbrown

**Protein of choice:**

Bacon, salmon, or avocado

**Add sausage \$9**

#### PORTUGUESE OMELETTE \$28

West Botanical Farm eggs, chorizo, smoked tomato, whipped goat cheese, fingerling potatoes, sourdough toast & greens

#### BENNYS

Poached West Botanical Farm eggs, house-made crumpet, brown butter hollandaise, hashbrown, breakfast greens

**Protein of choice:**

Bacon \$24

Smoked salmon (Half/Full) \$18/ \$29

Avocado (Half/Full) \$15/ \$24

#### AVOCADO TOAST (HALF/FULL) \$15 / \$25

House-made sourdough, fried halloumi, smoked island salt, raw honey, breakfast greens

\$16/ \$24

#### POWER BOWL (HALF/FULL)

Quinoa, halloumi, avocado, edamame, sweet potato, corn, green goddess dressing

#### BAGEL

House-made seeded bagel

**Choice of:**

Garlic cream cheese, or \$12

Smoked salmon with pickled shallots, capers, & dill \$20

#### CRÊPES \$20

Spiced orange caramel, pastry diplomat, fresh berries

#### STARBUCKS DARK ROAST BREWED COFFEE POT \$10



### OUR SOURCING PROMISE

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

Our Chef has crafted these delicious dishes with your well-being in mind, giving you the freedom to choose when it comes to portion size, nutritional balance and quality of ingredients.

### LUNCH & DINNER

Available daily from 11:00am - 9:00pm.

#### VANCOUVER ISLAND MINESTRONE \$16

Fresh local vegetables, tomato broth, chickpea, shell pasta

#### MEATBALLS \$18

3 freshly house made meatballs, marinara sauce, parmesan cheese. Served with focaccia

#### TUSCANA SALAD \$18

Mixed greens, red onion, shaved fennel, Kalamata olives, cherry tomato, balsamic vinaigrette, toasted walnuts, feta

#### PASTA OF THE DAY Daily price

Rotating with fresh from the farm, local ingredients. Ask your server for more details

#### RAVIOLI \$26

Spinach and ricotta ravioli, butter & sage sauce, toasted pine nuts

#### WAGYU BURGER \$26

6oz Wagyu patty, house-made Thousand Island dressing, smoked cheddar, shredded bibb lettuce, sour pickle, sesame bun

**Add bacon \$4**

#### HALIBUT & CHIPS \$25/ \$36

Choice of 1 or 2 pieces of beer battered or grilled halibut, traditional tartar, coleslaw, lemon & frites

#### CALLISTO ENTRÉES

All entrées served with potato pave, asparagus, cauliflower, and spiced red wine jus

#### 6OZ TENDERLOIN \$55

#### COHO SALMON \$40

Oven baked

#### CHICKEN SUPREME \$36

Oven baked, skin on

Please advise your server of any allergies or dietary restrictions you may have. All prices are subject to applicable government taxes. **Additional 18% service charge and \$12 delivery charge per order will be applied.**

After orders are placed, items are not refundable.

**THE WESTIN**  
BEAR MOUNTAIN  
RESORT & SPA  
VICTORIA

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### DESSERTS

Available daily from 11:00am - 9:00pm.

#### TIRAMISU

Lady fingers, espresso & Kahlua, mascarpone mousse, cocoa

\$15

#### PRALINE CHOCOLATE PUFFS

Luxurious chocolate praline crème in cream puffs. Served with toasted hazelnuts and vanilla gelato

\$15

### SLEEP WELL

Enjoy these nutritious selections 1-2 hours before bedtime to enhance your rest and enrich your well-being. Available 24/7.

#### CHEESE PLATE

Choice of 1, 2, or 3 cheeses

##### Choose from:

Comté, Blue Bénédictin or Merlot BellaVitano

Served with honeycomb, fruit preserve, and parmesan lavash

\$12/ \$18/ \$26

#### HERBAL TEA

Organic non-GMO and caffeine-free Rishi herbal tea selections

\$10

##### Choose from:

Peppermint Tea

*Pure organic peppermint leaves*

#### YOGURT PARFAIT

House-made granola, berry compote, fresh berries

\$18

Valerian Dream

*Botanical blend of valerian root, cardamom, licorice root, fennel seed, spearmint, strawberries, rose & orange oil*

#### WHOLE FRUITS

Seasonal fruit bowl

\$24

Chamomile Medley

*Chamomile flowers, lemongrass, spearmint, lemon verbena*

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

#### MAGNESIUM & POTASSIUM

Electrolytes often lost during travel that help promote sleep and prevent insomnia

#### MELATONIN

Resets sleep-wake cycles, combating jet lag and improving sleep quality

#### FOLATE

Helps fight fatigue during the day and promotes sound sleep at night

#### THIAMIN

Important B vitamin that helps improve sleep patterns

#### SEROTONIN

Promotes relaxation and induces sleepiness

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