

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.



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Breakfast

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

Entrées

BEAR CLASSIC BREAKFAST \$27

West Botanical Farm eggs, house-made sourdough, hashbrown, breakfast greens, bacon, salmon or avocado

BEAR BREAKFAST SANDWICH \$26

House-made seeded milk bun, 70/30 sausage patty, West Botanical Farm eggs, smoked cheddar, breakfast hashbrown, 1000 island dressing

SHAKSHUKA \$28

Pepperade, baked West Botanical Farm eggs, feta, house made toast, labneh, zaatar

BACON BENNY \$24

House-made crumpet, brown butter hollandaise, hashbrown, breakfast greens, bacon

SMOKED SALMON BENNY \$29

House-made crumpet, brown butter hollandaise, hashbrown, breakfast greens, smoked salmon

AVOCADO BENNY \$24

House-made crumpet, brown butter hollandaise, hashbrown, breakfast greens, avocado

AVOCADO TOAST \$25

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

POWER BOWL \$24

Mixed quinoa, fried halloumi, avocado, green goddess dressing, chickpeas, sweet potato

3 PANCAKES \$27

Island blueberry jam, vanilla whipped cream, Canadian maple syrup, cinnamon butter

BEAR BAKERY BASKET \$20

Cinnamon roll, scone, trail mix cookie, croissant

ADDITIONAL SIDES

Bacon \$7

West Botanical Farm egg \$4

hashbrown \$6

Toast \$6

Pancake \$8

Avocado \$5

Chicken Sausage \$7

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, mussels, prawns, island fish,
double smoked bacon, house focaccia

CAESAR SALAD 28.00
Romaine hearts, caesar dressing,
parmesan, strawberries, croutons

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

GRILLED CHICKEN CLUB 22.00
Blackened chicken, bacon, tomato, lettuce,
garlic aioli, cheddar cheese, filone bread

Lighter Fare

RISOTTO 32.00
Foraged mushrooms, herbs, parmesan, lemon

CHICKEN TACOS 21.00
Blackened chicken, lime jalapeño coleslaw,
pico de gallo, corn tortilla

Dessert

SEASONAL CHEESECAKE 16.00
Gluten free crumb, New York style,
seasonal compote

CHOCOLATE MOUSSE 18.00
Milk chocolate mousse, dark chocolate glaze,
milk crumb



OUR SOURCING PROMISE

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

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

CAESAR SALAD

Half 16.00 | Full 28.00

Romaine hearts, caesar dressing, parmesan, strawberries, croutons

BEAR SPINACH SALAD

Half 16.00 | Full 28.00

Young spinach, sliced strawberry, shaved apple, toasted almonds, goat cheese, champagne dressing

GRILLED CHICKEN

Half 24.00 | Full 32.00

Grilled chicken, seasonal vegetables, steamed rice

RISOTTO

Half 24.00 | Full 32.00

Foraged mushrooms, herbs, parmesan, lemon

VANCOUVER ISLAND CHOWDER

Half 12.00 | Full 21.00

Clams, mussels, prawns, island fish, double smoked bacon, house focaccia

STEELHEAD

Half 22.00 | Full 36.00

House potato & house vegetables

*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

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®.

***BEDTIME SNACK** 12.00

Bear Mountain Trail mix

BEAR SPINACH SALAD 28.00

Young spinach, sliced strawberry, shaved apple, toasted almonds, goat cheese, champagne dressing

STEELHEAD 36.00

House potato & house vegetables

***HERBAL TEA** 8.00

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

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

Monday-Friday
Breakfast 7:00AM-11:00AM
Lunch/Dinner 11:00AM-9:00PM
Saturday-Sunday
Brunch 7:00AM-3:00PM
Dinner 3:00PM-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

Monday-Sunday 10:00AM-6:00PM

LOCATION

L1.

RESERVE

1-250-391-3705
amatistaspa.ca

