

# Eat Well



### Breakfast

Available from 6:30AM to 10:30AM.\*\* Dial Service Express®.

#### Entrées

ISLAND FRUIT PLATE 18 Pineapple, Papaya, Strawberry, Cantaloupe, Seasonal Selection

HOUSE MUESLI 15 A Blend of Whole Grain Oats, Raisins, Dried Cranberries, and Almonds Choice of Soy, Whole or Low Fat Milk or Greek Yogurt

**STEEL CUT OATMEAL** 15 Strawberries, Island Bananas, Mauna Kea Resort Honey, Big Island Macadamia Nuts

**BELGIAN WAFFLES** 28 House made Whipped Crème, Strawberries, Butter, Maple Syrup or Coconut Syrup DA WESTIN BENEDICT\* 30 English Muffin, Canadian Bacon, Poached Eggs, Hollandaise

THREE EGG OMELET\* 32 Choice of 4 Ingredients: White Onions, Green Onions, Mushrooms, Ham, Bacon, Tomatoes, Bell Peppers, Spinach, Cheddar or Swiss Cheese; Choice of Steamed White Rice or Breakfast Potatoes

AVOCADO TOAST 23 Toasted Sourdough Bread, Ricotta Cheese, Sliced Avocado, Sunny Side Up Fried Egg, EVOO, Side of Tossed Arugula, Tomato, Onion, Walnut Salad

TWO EGG BREAKFAST\* 30 Eggs "Any Style" Choice of Ham, Crispy Bacon, Grilled Portuguese

or Link Sausage; Choice of Steamed White Rice or Breakfast Potatoes

#### Side Orders

**TOAST** 5 Served with Butter and Preserves White, Whole Wheat, Rye, Kulina Lani Ulu Sourdough, English Muffin

YOGURT 8 Low Fat Plain, Vanilla, Strawberry Banana, Peach, Blueberry

ANAHOLA GRANOLA 8 With Island Bananas and Strawberries +5

1/2 BIG ISLAND PAPAYA 8

GREEK YOGURT 8

BIG ISLAND PORTUGUESE SAUSAGE 10

CRISPY BACON 10

ONE EGG ANY STYLE 5

STEAMED WHITE RICE 8

### 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.

#### ACAI BOWL

Half 17.00 | Full 22.00 Anahola Granola, Sweet Potato, Mauna Kea Resort Honey, Blueberries, Unsweetened Coconut, Toasted Macnuts, Strawberries, Bananas BLUEBERRY PANCAKES Half 18.00 | Full 25.00 Mixed Berries, Coconut Flakes, Acai Sauce



OUR SOURCING PROMISE

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

\*\*Enjoy breakfast longer on weekends - turn to our Westin Weekend Breakfast Menu page for details.

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

If you have any concern regarding food allergies, please alert your In-Room Dining agent prior to ordering

A delivery charge of \$8.00, plus service charge of 21% and sales tax will be added.

16% of the service fee is paid to employees, 5% + delivery charge are allocated for costs or expenses other than wages and tips.

### Breakfast

Available from 6:30AM to 10:30AM, Dial Service Express®

#### **Breads + Pastries**

FRESH BAKERY BASKET 12 Assortment of Danish, Muffins and/or Croissants

#### 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.

Papaya, Pineapple, Mint 10

Watermelon, Basil 10

Lychee, Banana, Pineapple, Vanilla Smoothie 10

Strawberries, Banana, Goji Berry, Coconut Milk 10

#### Coffee + Tea

ESPRESSO 6 9

SPECIALTY COFFEES 8

BREWED KONA COFFEE BLEND Small 10 Large 15

FRENCH PRESS 100% KONA COFFEE 15

ASSORTED TAZO TEAS 8 Earl Grey, China Green Tips, Zen Decaffeinated: Passion, Refresh Mint, Chamomile

#### Beverages

JUICE 8 Orange, Pineapple, Guava, Apple, Cranberry, V8, Tomato

ASSORTED SODA 6 Pepsi, Diet Pepsi, Mountain Dew, Diet Mountain Dew, Mist Twist, Club Soda, Ginger Ale, Tonic Water

HAPUNA TROPICAL ICED TEA 6

MILK 6 Whole, 2%, Skim, Soy BOTTLED WATER, STILL Small 6 Large 12 BOTTLED WATER, SPARKLING Small 6 Large 12

### 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.

Available from 6:00AM to 3:00PM, Dial 0.

#### **ISLAND FRUIT PLATE** 18

Pineapple, Papaya, Strawberry, Cantaloupe, Seasonal Selection

HOUSE MUESLI 15

A Blend of Whole Grain Oats, Raisins, Dried Cranberries, and Almonds Choice of Soy, Whole or Low Fat Milk or Greek Yogurt

**BELGIUM WAFFLES** 28 Whipped Crème, Strawberries, Butter, Maple or Coconut Syrup

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# Lunch

Available from 10:30AM to 5:00PM. Dial Service Express®.

#### Appetizers

POKE STACK 25 Wild Ahi Poke, Spicy Mayo, Tobiko, Nori, Kabyaki, Avocado, House Sweet Potato Chips

**FRIED COCONUT SHRIMP** 23 Guava Cocktail Sauce

**CHICKEN WINGS** 21 Choice of BBQ, Buffalo or Korean

#### Salads

TOSS ISLAND GREENS 16 Island Mixed Greens, Cucumbers, Carrots, Tomatoes Red Wine Vinaigrette or Citrus Dressing

CAESAR'S TWIST SALAD 19 Kamuela Baby Romaine, Hapuna Garden Kale, Parmesan Cheese, Smokehouse Chickpeas, Parmesan Crisp, House Anchoy Dressing WITH CHICKEN\* \$11 +

CHINESE CHICKEN SALAD 21 Punachicks Chicken, Chopped Island Romaine, Crispy Noodles, Kekela Farms Purple Won Bok, Edamame Cashews, Oranges, Hoisin Balsamic Dressing TURKEY CLUB SANDWICH 20 Herbed Focaccia, Smoked Turkey, Lettuce, Kamuela Tomato, Crispy Bacon, Island Avocado

NAUPAKA BURGER 26 Grass Fed Beef Patty, Toasted Brioche Bun, Swiss Cheese, Lettuce, Kamuela Tomato, Crispy Onions

JUMBO HOT DOG 16 Eisenberg Black Angus Hot Dog Bun, Pickle, French Fries

**THE "IMPOSSIBLE BURGER"** 24 Veggie "Meat Patty", Whole Wheat Kaiser, Lettuce, Kamuela Tomato, Onion, Avocado

Seared Wild Ahi, Kaiware Sprouts, Radish, Garden Citrus Sauce

Island Vegetables, Mushroom, Stiry-fry Sauce, Tofu

**KONA LONGBOARD LAGER FISH AND CHIPS** 28 Crispy Fries, Tartar Sauce, Lemon Wedges

#### Sides

FRENCH FRIES 10 SWEET POTATO FRIES 10 GREEN SALAD 8 BROWN OR WHITE RICE 6

### Eat Well Menu

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AHI TATAKI Half 17.00 | Full 22.00

SOBA NOODLE STIR FRY Half 22.00 | Full 28.00

#### AHI POKE BOWL

Half 19.00 | Full 25.00 Wild Caught Ahi, Sweet Onion, Avocado, Kukui Nut, Kabayaki Spicy Mayo, Brown Rice

#### HILO HEARTS OF PALM SALADGF, V+

Half 15.00 | Full 21.00 Baby Tomatoes, Kamuela Romaine, Bell Peppers, Avocado, Crispy Corn Chips, Island Citrus Vinaigrette

HUMMUS PLATE V+

Half 14.00 | Full 19.00 House Made Chickpea Hummus, Herb Salsa Verde, Grilled Pita, Kalamata Olives, Raw Garden Vegetables

#### ADD TO ANY SALAD

Chicken Breast, Tofu 11.00 Tiger Shrimp 13 Fresh Catch, Poke, Seared Salmon 20.00



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### Dinner

WEDNESDAY - SUNDAY DINNER MENU Available from 5:30PM to 10:00PM. Dial Service Express®.

#### Appetizers

SAUTÉED KAUAI SHRIMP 25 Arugala, Paquillo Pepper Sauce

WILD CAUGHT AHI SASHIMI 24 Fresh Ahi, Pickled Ginger, Soy Wasabi

BRAISED CLAMS WITH WILD BOAR SAUSAGE 29 Garden Chili, Polenta Croutons

#### Soup & Salad

#### SOUP OF THE DAY 9

TOSS ISLAND GREENS 17

Island Mixed Greens, Cucumbers, Carrots, Tomatoes, Citrus Dressing or Red Wine Vinaigrette

GREEK SALAD 19

Kamuela Tomatoes, Peppers, Kalamata Olives, Feta Cheese

#### Entrees

PUNA CHICKEN 52 Roasted Potatoes, Sautéed Local Vegetables

GRILLED 10 OZ. NY STEAK 47 Butter Whipped Potatoes, Grilled Asparagus, Bordelaise Sauce

LINGUINI WITH POMODORO SAUCE 28 Parmesan Cheese

#### Sandwiches

PARKER RANCH BURGER 26 Grass Fed Beef Patty, Toasted Brioche Bun, Swiss Cheese, Lettuce, Tomato

FRESH CATCH SANDWICH 30 Grilled Wild Catch, Toasted Brioche Roll, House Tartar, Lettuce, Onion, Kamuela Tomatoes, French Fries

#### Desserts

LILIKO'I CHEESECAKE 12 Fresh Fruit, Mango Sauce

PINEAPPLE CROSTATA 16 Almond Frangipane, Ricotta Sorbetto

FRUIT PLATE 15 Seasonal Fresh Fruit, Greek Yogurt, Mauna Kea Resort Honey

HAPUNA DARK CHOCOLATE, CHOCOLATE CHIP COOKIE 10 Served with Milk

SELECTION OF TROPICAL DREAMS ICE CREAM AND SORBETS 12

Sides

FRENCH FRIES 10 WHITE RICE 6 MASH POTATO 10 SAUTÉED BROCCOLINI 10 GREEN SALAD 8

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### Dinner

MONDAY & TUESDAY DINNER MENU Available from 5:30PM to 10:00PM. Dial Service Express®.

#### Appetizers

POKE STACK 25 Wild Ahi Poke, Spicy Mayo, Tobiko, Nori, Kabyaki, Avocado, House Sweet Potato Chips

FRIED COCONUT SHRIMP 23 Guava Cocktail Sauce

CHICKEN WINGS 21 Choice of BBQ, Buffalo or Korean

#### Soup & Salad

TOSS ISLAND GREENS 17 Island Mixed Greens, Cucumbers, Carrots, Tomatoes, Citrus Dressing or Red Wine Vinaigrette

CAESAR'S TWIST SALAD 19 Kamuela Romaine, Hapuna Garden Kale, Parmesan Cheese, Smokehouse Chickpeas, House Anchoby Dressing

TOSSED GRILLED CHICKEN COBB SALAD 23 Cherry Tomatoes, Avocado, Eggs, Blue Cheese, Bacon

#### Entrees

PAN ROASTED CHICKEN 42 Mashed Potatoes, Sautéed Vegetables, Pan Jus, Garden Citrus Marmalade

WILD CAUGHT ISLAND CATCH 45 Steam Rice, Grilled Asparagus, Roasted Corn Relish

GRILLED 10 OZ. NY STEAK 47 Butter Whipped Potatoes, Grilled Asparagus, Green Peppercorn Sauce

LINGUINI WITH POMODORO SAUCE 28 Parmesan Cheese

#### Sandwiches

PARKER RANCH BURGER 26 Grass Fed Beef Patty, Toasted Briochu Bun, Swiss Cheese, Lettuce, Kamuela Tomato, Crispy Onions

THE "IMPOSSIBLE BURGER" 24 Veggie "Meat Patty", Whole Wheat Kaiser, Kaumela Tomato, Lettuce, Onion, Avocado French Fries

FRESH CATCH SANDWICH 30 Grilled Wild Catch, Toasted Brioche Roll, House Tartar, Lettuce, Onion, Kamuela Tomatoes

#### Desserts

LILIKO'I CHEESECAKE 12 Fresh Fruit, Mango Sauce

FRUIT PLATE 15 Seasonal Fresh Fruit, Greek Yogurt, Mauna Kea Resort Honey

HAPUNA DARK CHOCOLATE, CHOCOLATE CHIP COOKIE 10 Served with Milk

SELECTION OF TROPICAL DREAMS ICE CREAM AND SORBETS 12

Sides

FRENCH FRIES 10 WHITE RICE 6 MASH POTATO 10 **GRILLED ASPARAGS** 10 SAUTÉED BROCCOLINI 10 **GREEN SALAD** 8

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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. Dial Service Express®

#### Breakfast

Available from 7:00AM to 10:30AM\*.

BUILD YOUR OWN GRANOLA PARFAIT 15 Greek Yogurt, Anahola Granola, Strawberries, Raspberries and Blueberries

BABY SPINACH & CHEESE OMELET 13 🛸

PEANUT BUTTER AND BANANA SANDWICH 12 Whole Wheat Bread, Seasonal Fruit 🛸

#### Lunch

Available from 10:30AM to 5:00PM.

**DR. GREG'S DECONSTRUCTED CAESAR SALAD** 12 Grilled Chicken, Greens, Parmesan Crisp, Croutons, Bacon Bits and Caesar Dressing

FISH TACO 15 Lean Wild Catch Fish, Tomato, Lettuce, Pico De Gallo 🧆

CHICKEN WRAP 12 Carrots, Cucumber, Bell Peppers and Avocado 🌤

ASIAN STYLE SALMON WITH SOBA NOODLES 14 Pan Roasted Salmon, Carrots, Peppers, Onions, Sesame Seeds

CHICKEN STIR FRY 13 Steamed White Rice, Farmer's Market Vegetables 🥌

CHICKEN QUESADILLA 12 Side Guacamole, Sour Cream, House Salsa 🏾 🌤

#### Dessert

Available from 10:30AM to 10:00PM.

**FRUIT KABOBS** 8 **••** Fresh Fruit Skewers, Greek Yogurt House Made Cornbread Cookie

COOKIE AND SORBET 8 Lemon Cookie, Fresh Fruit Choice of Sorbet

#### Dinner

Available from 5:00PM to 10:00PM.

**DR. GREG'S DECONSTRUCTED CAESAR SALAD** 12 Grilled Chicken, Greens, Parmesan Crisp, Croutons, Bacon Bits and Caesar Dressing

CHICKEN PARMESAN 12 Crispy Chicken Tenders, House Tomato Sauce

ASIAN STYLE SALMON WITH SOBA NOODLES 14

Pan Roasted Salmon, Carrots, Peppers, Onions, Sesame Seeds 🛛 🛸

CHICKEN STIR FRY 13 Steamed White Rice, Farmer's Market Vegetables 🍽

**KEIKI MACARONI CHEESE** 12 Elbow Macaroni, Cheese Sauce

CHICKEN QUESADILLA 12 Side Guacamole, Sour Cream, House Salsa 🛸

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

# 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®.

\*GREEK YOGURT PARFRAIT 8 Walnut Granola, Market Berries

\*SEARED AHI AVOCADO WRAP 22 Seared Ahi Tuna, Citrus Avocado Spread, Whole Wheat Tortilla, Lettuce, Kamuela Tomatoes, Served with Edamame Hummus

\*CITRUS SHRIMP AND SOBA NOODLE SALAD 20 Mixed Greens, Orange, Cilantro, Avocado Dressing **BEDTIME SNACK** 6 Cherry Walnut Oat Muffin

HERBAL TEA 8

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



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### Beverages

Non-alcoholic beverages available 24/7. Alcoholic beverages available from 10:00AM to 5:00PM. Dial Service Express<sup>®</sup>.

#### Non-Alcoholic Beverages

JUICE 6 Orange, Pineapple, Guava, Apple, Cranberry, V8, Tomato

ASSORTED SODA 5 Pepsi, Diet Pepsi, Mountain Dew, Diet Mountain Dew, Mist Twist, Club Soda, Ginger Ale, Tonic Water

HAPUNA TROPICAL ICED TEA 5

MILK 6 Whole, 2%, Skim, Almond, Soy

BOTTLED WATER, STILL Small 5 Large 7

BOTTLED WATER, SPARKLING Small 5 Large 7

SUGAR FREE RED BULL 6

#### Alcoholic Beverages Cocktails

BLOODY MARY 15 "ON THE ROCKS" MAI TAI 15 "ON THE ROCKS" MANGO DAIQUIRI 15 "ON THE ROCKS" MARGARITA 15 MIMOSA - Choice of Orange or Guava 14

#### Sparkling Wines

MIONETTO, PROSECCO 11 50 Veneto, Italy

FAIRE LA FÊTE, CREMANT DE LIMOUX 12 54 Limoux, France

**COLLET 'ART DECO' 1**<sup>ER</sup> **CRU** 130 Champagne, France

**VEUVE CLICQUOT** 163 Champagne, France

LOUIS ROEDERER 'CRISTAL' BRUT 410 Champagne, France

#### White Wines

PIGHIN PINOT GRIGIO 11 50 Friuli, Italy

**CASAL GARCIA VINHO VERDE** 12 54 Monterey, California

DR. LOOSEN 'BLUE SLATE' RIESLING KABINETT 73 Mosel, Germany

WHITEHAVEN SAUVIGNON BLANC 15 68 Marlborough, New Zealand

**DUCKHORN SAUVIGNON BLANC** 65 Napa Valley, California

J VINEYARDS 'BLACK LABEL' CHARDONNAY 15 58 California

**ROMBAUER CHARDONNAY** 125 Carneros, California

KISTLER 'LES NOISETIERS' CHARDONNAY 200 Sonoma Coast, California

**ORIN SWIFT 'MANNEQUIN'** 18 94 Sonoma Coast, California

Rosé Wines

**FLEUR DE PRAIRIE** 14 63 Cotes de Provence, France

#### **Red Wines**

**SIDURI PINOT NOIR** 16 72 Santa Barbera, California

**FRANÇOIS LABET PINOT NOIR** 20 85 Ile de Beauté, Corsica, France

FINCA DECERO REMOLINOS VINEYARD MALBEC 56 Mendoza, Argentina

**ROMBAUER ZINFANDEL** 20 115 California

PASO D'ORO CABERNET SAUVIGNON 15 68 Paso Robles, California

**PENFOLDS 'BIN 389' CABERNET-SHIRAZ** 25 137 South Australia

FOR A FULL LIST OF WINES AVAILABLE FROM MERIDIA PLEASE CALL SERVICE EXPRESS  $^{\otimes}$ 

#### Domestic

BUDWEISER 8 BUD LIGHT 8 COORS LIGHT 8

#### **Domestic Premium**

BLUE MOON BELGIAN WHITE 9 MICHELOB ULTRA 8 SAMUEL ADAMS BOSTON LAGER 9

#### Local Microbrew

KONA BREWING COMPANY LONGBOARD LAGER 9 KONA BREWING COMPANY BIG WAVE GOLDEN ALE 9 MAUI BREWING COMPANY BIKINI BLONDE ALE 9

#### Import Premium

HEINEKEN 9 CORONA 9 STELLA ARTOIS 9 MODELO ESPECIAL 9

#### Non-Alcoholic

ATHLETIC BREWING UPSIDE DAWN GOLDEN ALE 8 ATHLETIC BREWING RUN WILD IPA 8 STELLA ARTOIS LIBERTE 8

#### Cider

ANGRY ORCHARD HARD CIDER 9

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