

# FRESH START

Our Superfoods breakfast menu features revitalizing dishes made from powerhouse ingredients rich in nutrients, antioxidants and delicious taste so you can start your day feeling recharged.

**\*Nuts, blueberries, tomatoes, oats, oranges, soy & yogurt\***

## ESSENTIAL BREAKFAST

Select from our breakfast juices, season's best fruits, freshly baked morning pastries, butter, jams and steaming hot coffee & assorted teas

## SUPERFOODS

BLUEBERRY BANANA SMOOTHIE  
soy milk, honey, all natural granola brittle \$6

STEEL CUT CINNAMON SCENTED OATMEAL  
sliced banana, pecans, honey drizzle \$7

SMOKED SALMON WITH TOFU AND AVOCADO,  
toasted bagel, baby greens, grape tomatoes \$13

EGG WHITE AND BROCCOLI OMELET  
WITH CHEDDAR  
cured roma tomatoes, crisp hash browns or  
spring salad \$12.50

SPICY SMOKED TURKEY TACO  
flour tortilla, scrambled eggs, roasted red peppers,  
pepper jack cheese, salsa, cilantro,  
oven cured tomato \$13.50

TRUFFLED EGG WHITE FRITTATA  
Asparagus, mushrooms, goat cheese, herbs, spinach,  
truffle essence \$15

## INTUITIVE

CONTINENTAL  
Fresh orange or grapefruit juice  
Coffee or Tazo tea  
Yogurt and fresh fruit salad  
Choice of 2 breakfast pastries:  
Butter croissant, home style muffin or Danish pastry  
Choice of 2 eggs any style or pancake \$16

## REJUVENATING BREAKFAST BUFFET \$25

TWO EGGS ANY STYLE  
Choice of breakfast meats, home fried potatoes \$11

EGGS BENEDICT  
Toasted English muffin, Canadian bacon,  
hollandaise \$12  
substitute smoked salmon, and salmon caviar \$14

BAKED FRITTATA  
Garden vegetables, tomato, broccoli,  
potatoes \$12

GREEN BREAKFAST BURRITO  
Scrambled eggs, turkey sausage, black beans, cheddar,  
tomato salsa, spinach tortilla \$13

## LIQUIDS

FRESH BREWED EUROPEAN BLEND  
or decaffeinated coffee \$2.50

CAPPUCCINO, espresso or latte \$4.50

2% SKIM OR SOY\*\* MILK \$3

SELECTION OF tazo tea \$3

FIJI - natural artesian water \$4

## REVITALIZE

DAILY SELECTION OF TROPICAL  
JUICE \$6

CHILLED JUICE  
Orange, grapefruit, tomato, apple, prune,  
V-8, cranberry \$4



## SIDE ORDERS

Canadian bacon, applewood smoked bacon, breakfast  
sausage, country cured ham, turkey sausage, broccoli,  
spinach, grilled tomato, home fried potatoes, hash  
browns, plantains, callaloo \$4 ea.

## WESTIN FRESH BY THE JUICERY

Westin Fresh by The Juicery offers a menu of nourishing,  
revitalizing juices curated by the experts at The Juicery.

Carrot, honeydew melon, turmeric juice \$8

Cucumber, honeydew melon, cilantro juice \$8

Pineapple, cucumber, mint juice \$8

Watermelon, basil juice \$8

HALF GRAPEFRUIT BRULEE  
Honey, greek yogurt, cinnamon \$10

BREAKFAST SMOOTHIES  
Orange and passionfruit, mango and papaya,  
strawberry and banana \$6

SEASONAL SLICED TROPICAL FRUITS  
AND BERRIES  
mango honey yogurt \$12

CARIBBEAN COCONUT MUESLI  
house made granola, dried fruits, fresh berries,  
coconut milk, greek yogurt \$7

SELECTION OF AMERICAN BRAND  
CEREALS \$6

BAKERY BASKET OR FRESHLY  
BAKED PASTRY BASKET  
Croissant, English muffin, toasted bagel, multi grain,  
raisin or rye toast \$5  
Danish pastry, raisin bran, lemon poppy seed or  
banana nut muffin \$5

## COMFORT

FRENCH TOAST  
Orange and vanilla infused brioche bread,  
warm fruit compote \$10.50

COCONUT FRENCH TOAST  
Ginger syrup, pineapple compote, fresh berries \$12

BANANA PANCAKES  
Bacon or sausage, walnut butter \$11.50

BLUEBERRY PANCAKES  
Bacon or sausage, pecan butter \$11.50

BELGIAN WAFFLE 10.50  
Strawberry or blueberry compote, chantilly cream

CREATE YOUR OWN OMELET  
Ham, applewood smoked bacon, sausage, Canadian  
bacon, swiss, emmental, American, cheddar, carrot,  
zucchini, bell peppers, broccoli, onions, zucchini,  
mushrooms, tomato \$11

## ISLAND

SALTFISH AND ACKEE  
Callaloo, plantains \$18

HUEVOS RANCHEROS  
Egg, toasted tortilla, black beans, queso fresco, chili  
tomato salsa, avocado \$14

CORNED BEEF HASH  
Sunny side up eggs, potatoes, bell peppers, chives \$14

STEAK AND EGGS  
6 oz. New York striploin, eggs, grilled tomato, home  
fried potatoes \$20

All prices are listed in Cayman Island dollars  
16% Service charge will be added to your check.  
No smoking inside.

\*consuming raw or undercooked meats, seafood, shellfish,  
or eggs may increase your risk of food-borne illness.  
\*\*these nutritional powerhouse foods can help to extend your  
health span - the extent of time you have to be healthy,  
vigorous & vital\*\*  
Dr. Stephen Pratt, author of SuperFoods Rx: fourteen foods  
that will change your life.



**THE WESTIN**  
GRAND CAYMAN  
SEVEN MILE BEACH  
RESORT & SPA