



**THE WESTIN NEW YORK
GRAND CENTRAL**

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marriott.com/nyczw

In-Room Dining Menu

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10 Alcoholic Beverages

Energize with Eat Well™ dishes made with ingredients packed with nutrients to power your day.

APPLES

Bursting with antioxidants, including polyphenols, flavonoids and vitamin C

AVOCADO

High in fiber, folate, potassium, vitamin E and magnesium

BEANS

Low-fat source of protein, fiber, B vitamins, iron, folate and magnesium

BLUEBERRIES

Packed with exceptionally high levels of antioxidant phytonutrients

BROCCOLI

Generous amounts of fiber, vitamins B6, C and E and a healthy portion of vitamin K

CINNAMON

One of the oldest known spices, long used in traditional medicine

DARK CHOCOLATE

Provides antioxidant flavonols

DRIED SUPER FRUITS

Concentrated source of health-promoting nutrients

EXTRA-VIRGIN OLIVE OIL

Great source of vitamin E

GARLIC

Nutrient rich, including vitamins B6 and C, phosphorous, zinc and selenium

HONEY

Antioxidant activity stems from peptides, organic acids and enzymes

KIWI

Offers vitamin C, folate, potassium and fiber and is a low-calorie source of vitamin E

LOW-FAT YOGURT

Includes live, active cultures; protein; calcium and B vitamins

OATS

Low in calories, high in fiber, protein, magnesium, potassium, zinc and copper

ONIONS

Rich dietary source of flavonoids and phytonutrients

ORANGES

A potent source of vitamin C and rich in flavonoids

POMEGRANATES

Abundant in potassium, vitamin C, polyphenols and vitamin B6

PUMPKIN

Low in calories and extremely high in fiber, vitamins C and E and carotenoids

SOY

Great source of vitamins, minerals, plant protein and soluble fiber

SPINACH

Contains iron, antioxidants, vitamin K, coenzyme Q10 and omega-3 fatty acids

TEA

Brimming with antioxidants and important vitamins and minerals

TOMATOES

Supply fiber and are a rich source of the antioxidant lycopene

TURKEY

One of the leanest meat protein sources, also contains vitamins B6 and B12 and zinc

WALNUTS

Provide fiber, protein, B vitamins, magnesium and antioxidant vitamin E

WILD SALMON

High in protein, and one of the richest sources of omega-3 fatty acids

Breakfast

Available from 6:00AM to 11:00AM*. Dial Service Express®.

Entrées

STEEL-CUT CINNAMON SCENTED OATMEAL 17.00
Dried fruit, walnuts, flax seed and local honey

EGG WHITE OMELET 27.00
Feta cheese, broccoli, turkey sausage,
cherry tomato salad

CATSKILL SMOKED SALMON "BENEDICT" 28.00
Poached eggs, wilted spinach, English muffin,
hollandaise

BLUEBERRY AND BANANA PANCAKES 25.00
Maple syrup and butter

TWO FARM FRESH EGGS 25.00
Done your way, choice of bacon or sausage, oven
roasted potatoes

CRISP BELGIAN WAFFLE 25.00
Seasonal berries, maple syrup

BUILD YOUR OWN OMELET 26.00
Softly cooked eggs, choose from: ham, bacon,
breakfast sausage, Swiss, NY cheddar or American
cheese, spinach, tomato, onions, mushrooms or
peppers, oven roasted potatoes

**SCRAMBLED EGGS AND
BOAR'S HEAD SMOKED BACON WRAP** 27.00
Cheddar cheese, spinach wrap

AMERICAN BREAKFAST 35.00
Two eggs done your way, your choice of sausage or
bacon and toast, oven roasted potatoes, choice of
juices, freshly brewed Starbucks coffee, decaf, tea
or hot cocoa

DELUXE CONTINENTAL BREAKFAST 30.00
Choice of assorted juices, assorted breakfast
pastries, sweet butter, fruit preserves, seasonal
fresh fruit and berries, freshly brewed Starbucks
coffee, decaf, tea or hot cocoa

Breads + Pastries

Served with butter and fruit preserves

LOCAL BAKERY BASKET 15.00
Danish pastries, croissants and freshly baked
muffins

MORNING BAKED NEW YORK BAGEL 10.00
Philadelphia cream cheese

Freshly baked pastries, butter
and fruit preserves 12.00

Whole wheat, white, toasted bagel with cream
cheese or English muffin 10.00

Side Orders

Boar's Head Smoked Bacon, breakfast sausage links,
turkey sausage or ham 10.00

Oven roasted potatoes, caramelized onions 12.00

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

A delivery charge of \$8, plus 15% gratuity and sales tax, will be added. All prices in U.S. dollars.

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

Breakfast

Available from 6:00AM to 11:00AM*. Dial Service Express®

Fruits, Juices + Yogurts

MARKET FRESH FRUITS AND BERRIES 19.00
A bountiful selection of the season's best

BOWL OF SEASONAL FRUIT 13.00
A bright mix of the season's best

LOW-FAT LOCAL FARM YOGURT 10.00
Fruit, vanilla, plain

JUICE 9.00
Orange, apple, grapefruit, cranberry, tomato

YOGURT PARFAIT 18.00
Toasted granola, low-fat vanilla yogurt and seasonal berries

Cereals

BERRY, APPLE AND GRANOLA MUESLI 18.00
Low-fat vanilla yogurt, banana and walnuts

DRY CEREALS 15.00
Raisin Bran, Corn Flakes, Lucky Charms, Cheerios, Wheaties, granola, Rice Chex (gluten free), strawberries and banana

Coffee + Tea

Freshly brewed Starbucks® blend coffee, Regular or Decaffeinated

Small Pot (3 cups) 12.00
Large Pot (7 cups) 17.00

Espresso 9.00

Double Espresso 12.00

Cappuccino 11.00

Cafe Latte 11.00

TAZO TEAS 9.00
English breakfast, ZEN (green tea), passion fruit, earl grey or chamomile

MILK 8.00
Regular, non-fat, 2%, chocolate, soy

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.

BLUEBERRY AND BANANA PANCAKES 25.00
Maple syrup and butter

TWO FARM FRESH EGGS 25.00
Done your way, choice of bacon or sausage, oven roasted potatoes

MARKET FRESH FRUITS AND BERRIES 19.00
A bountiful selection of the season's best

LOW-FAT LOCAL FARM YOGURT 10.00
Fruit, vanilla, plain

NUTELLA AND BANANA PANCAKE NAPOLEON 28.00
Local maple syrup

COUNTRY SCRAMBLE 27.00
Local potatoes, peppers, onions, turkey sausage, NY cheddar

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 6:00AM to 11:00AM

BUILD YOUR OWN GRANOLA PARFAIT 15.00
Low-fat vanilla Greek yogurt, organic granola, strawberries, blueberries and raspberries

HAM, EGG AND CHEESE QUESADILLA 18.00
Two eggs, corn tortilla, low-sodium ham, cheese and pico de gallo

PEANUT BUTTER AND BANANA SANDWICH 18.00
Served on whole wheat bread with seasonal fruit

Lunch or Dinner

Available from 11:00AM to 10:30PM

TUNA SALAD SANDWICH 15.00
Served on whole wheat bread with lettuce and tomato

CHICKEN COBB SALAD 18.00
Mixed greens, chicken, egg, cheese, avocado and cherry tomatoes with low-fat dressing

FAMILY VEGETABLE PLATTER 17.00
Assortment of fresh, raw vegetables served with low-fat ranch sauce

TURKEY SLIDERS 18.00
Grilled turkey burger served with carrots, celery sticks and low-fat cranberry mayonnaise

GRILLED CHICKEN WITH WHOLE WHEAT PASTA 17.00
Served with tomato sauce, broccoli and parmesan cheese

PITA CHIPS AND CRISP VEGETABLES 17.00
Served with hummus and low-fat yogurt dip

Dessert

LEMON CORNMEAL COOKIE WITH SORBET 12.00
Served with fresh fruit and 3 scoops of sorbet

APPLE FRUIT SALAD 14.00
Cored apple filled with fresh fruit

Drinks

STRAWBERRY YOGURT MILK SHAKE 13.00
Strawberries with low-fat vanilla Greek yogurt

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All-Day Dining

Available from 11:00AM to 10:30PM*. Dial Service Express®.

FRENCH ONION SOUP 16.00

Melted gruyere cheese

CHICKEN NOODLE SOUP 15.00

Garden vegetables and herbs

THIN CRUST "MARGHERITA PIZZA" 29.00

Cured tomato, fresh mozzarella, basil

SPICY "BUFFALO STYLE" CHICKEN WINGS 17.00

Blue cheese dip, celery

HAND CRAFTED CHEESE AND CHARCUTERIE 28.00

Jam, crusty bread, fig jam

ROASTED RED PEPPER HUMMUS 17.00

Toasted pita chips

WARM SOFT STREET PRETZEL 15.00

Spicy The Pickle Guys mustard

LUMP CRAB CAKES 28.00

Chipotle aioli

PULLED BBQ AND SRIRACHA

CHICKEN QUESADILLAS 20.00

Sour cream, guacamole, salsa

MARKET VEGETABLE WRAP 25.00

Asparagus, portobello, roasted peppers, soft mozzarella, arugula, blasamic vinaigrette

TOSSED CAESAR SALAD 18.00

Focaccia croutons

Add grilled free range organic chicken 10.00

BABY SPINACH SALAD 19.00

Coach Farm goat cheese, red onions, roasted beets and red wine vinaigrette

COBB SALAD 27.00

Grilled chicken, avocado, hardboiled egg, blue cheese, tomatoes, bacon, buttermilk dressing

ROASTED "FREE BIRD" CHICKEN 34.00

Mashed potatoes, natural reduction

ROASTED SALMON 37.00

Seasonal local market vegetables, Hudson Valley cider sauce

STEAK FRITES 45.00

12 oz. NY strip, rosemary-garlic butter, French fries

GRILLED MARKET VEGETABLES 26.00

Brown balsamic rice and a balsamic glaze

PENNE PASTA 24.00

San Marzano pomodoro sauce, parmesan cheese, basil

FLAME GRILLED LA FREIDA BURGER 29.00

Tomato, lettuce, onion, The Pickle Guys mustard, choice of Swiss, cheddar or blue cheese, with French fries

TURKEY CLUB 26.00

Boar's Head turkey, applewood smoked bacon, lettuce, tomato and mayonnaise, with French fries

Side Orders

French Fries 12.00

NY cheddar mac and cheese 15.00

Steamed basmati rice 11.00

Steamed broccoli with garlic oil 11.00

Market vegetables 12.00

Creamy garlic mashed potatoes 11.00

All-Day Dining

Available from 11:00AM to 10:30PM*. Dial Service Express®.

Dessert

HÄAGEN-DAZS ICE CREAM 15.00

Choice of chocolate, vanilla or strawberry

WARM APPLE PIE A LA MODE 17.00

Häagen-Dazs ice cream

WARM CHOCOLATE BROWNIE A LA MODE 16.00

Häagen-Dazs ice cream, chocolate sauce, walnuts

JUNIOR'S OWN CHEESECAKE 16.00

Raspberry coulis

FRESH MARKET FRUITS AND BERRIES 15.00

A bountiful selection of the season's best

CIAO BELLA SORBET 15.00

With seasonal berries

Beverages

Freshly brewed Starbucks® blend Coffee, Regular or Decaffeinated

Small Pot (3 cups) 12.00

Large Pot (7 cups) 17.00

Espresso 9.00

Double Espresso 13.00

Cappuccino 11.00

Cafe Latte 11.00

TAZO TEAS 9.00

English breakfast, ZEN (green tea), passion fruit, earl grey or chamomile

MILK 8.00

Regular, non-fat, 2%, chocolate, soy



Our Sourcing Promise

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

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