



JW MARRIOTT

TASTEFULLY
NOURISHED

SAVOR by JW

JW Marriott Tampa Water Street
510 Water Street, Tampa, FL 33602



THOUGHTFULLY CRAFTED

At JW Marriott,[®] we strive to provide our guests with a holistic approach to well-being, which is why our chefs partner with community artisans, organic farmers and sustainable fisheries to deliver fresh, authentic cuisine that celebrates local flavors and overall wellness.

YOUR GUIDE TO NOURISHMENT

Enjoy this introduction to essential vitamins, minerals, fats and fibers, as well as a variety of nutritious ingredients to enjoy and savor.

VITAMINS

Best sourced through the foods we eat, vitamins are the building blocks of a healthy lifestyle.

Foods rich in Vitamin B

MUSHROOMS | MILK | WHOLE GRAINS
PISTACHIO | NUTS | SUNFLOWER SEEDS

Foods rich in Vitamin C

CITRUS | KIWI | STRAWBERRIES
MANGOES | PAPAYA | BROCCOLI
DARK LEAFY VEGETABLES

Foods rich in Vitamins A & D

MILK | FISH | EGGS

Foods rich in Vitamins E & K

WHEAT GERM | SUNFLOWER SEEDS
SOME NUTS | PEANUT BUTTER
DARK GREEN LEAFY VEGETABLES
KALE | SPINACH

MINERALS

Minerals keep your bones strong and your body balanced.

Calcium is important for strong, healthy bones and teeth.

KALE | YOGURT | BROCCOLI | WATERCRESS
CHEESE | BOK CHOY | OKRA | ALMONDS

Potassium is an electrolyte that regulates the flow of nutrients going in and out of cells.

POTATOES | SUN-DRIED TOMATOES
KIDNEY BEANS | DRIED FRUITS | BANANA
AVOCADOS | FISH

Iron is an essential element for blood production.

RED MEAT | PORK | POULTRY | SEAFOOD
BEANS | KALE | DARK GREEN LEAF SPINACH

Antioxidants are beneficial in preventing diseases by prohibiting the oxidation of harmful molecules in the body.

EXTRA-VIRGIN OLIVE OIL | GOJI BERRIES
WILD BLUEBERRIES | DARK CHOCOLATE
PECANS | ARTICHOKE | KIDNEY BEANS
CRANBERRIES | CLOVE | CINNAMON
OREGANO | TURMERIC | COCOA | CUMIN
PARSLEY | BASIL | THYME | WILD HONEY

HEALTHY FATS & FIBER

Healthy fats and fiber stabilize blood sugar and cholesterol levels.

Fiber slows the rate that sugar is absorbed into the bloodstream, which keeps your blood glucose levels from rising too fast.

PEAS | LENTILS | BEANS | ARTICHOKE
BROCCOLI | BRUSSELS SPROUTS
AVOCADOS | OATS & WHOLE GRAINS

Unsaturated fats, including poly- and mono-unsaturated fats, have a positive effect on cholesterol levels.

OLIVE OIL | WALNUTS | PINE NUTS | PECANS
AVOCADOS | PUMPKIN SEEDS | SPIRULINA

Omega-3 fatty acids are needed for many functions, from building healthy cells to maintaining brain and nerve function.

FLAXSEED OIL | FISH OIL | NUTS & SEEDS
CHIA SEEDS | SALMON & COLD WATER FISH
SOYBEANS | AVOCADOS | COOKED SPINACH

ARTFULLY BLENDED

Looking for a refreshing start to your morning? All juices and smoothies are brimming with healthy benefits and essential nutrients to invigorate body and mind. Available all day.

All juices and smoothies are handcrafted to order

SATISFYING SMOOTHIES

Antioxidant Blend | 12

Pineapple, apple, spinach, beet, raspberries, strawberry, banana, coconut water

VITAMIN B-6 | POTASSIUM | VITAMIN C

Energy Elixir | 12

Pineapple, celery, cucumber, spinach, lime, avocado, apple

OMEGA-3 | VITAMIN C | IRON

REVITALIZING JUICES

Cleansing Carrot | 11

Ginger, gala apples, lemon

VITAMIN A | VITAMIN B | FIBER

Wheatgrass Vigor | 11

Wheatgrass, apple, ginger

POTASSIUM | VITAMIN K | FIBER

BREAKFAST

6.00 am - 11.00 am

A BALANCED START

Seasonal Fruit Plate V | 14

Sliced fruit, berries & fresh citrus segments

VITAMIN C | ANTIOXIDANTS

Honey Almond Granola Parfait V | 12

Low fat Greek yogurt, fresh berries & housemade granola, local honey

CALCIUM | POTASSIUM | PROTEIN

Avocado Toast V | 15

Grilled sourdough, roasted baby tomatoes, poached egg, arugula, goat cheese

OMEGA-3 | FIBER | PROTEIN

Steel-Cut Oatmeal V | 12

McCann's steel-cut oats, local orange blossom honey, seasonal berries

FIBER | ANTIOXIDANTS

WELL-BEING

Smoked Salmon | 20

Capers, red onion, cream cheese, sun-dried tomato and everything bagel

Acai & Chia Seed

Breakfast Bowl GF, VF | 13

Pumpkin seed, coconut, kiwi, wild berries, banana

POTASSIUM | VITAMIN C | OMEGA -3

CLASSICS

Tampa Two* | 24

Two cage-free eggs any style, breakfast potatoes, applewood smoked bacon, pork or chicken & mango sausage

FIBER | VITAMIN A&D | PROTEIN | POTASSIUM

Healthy Start V | 22

McCann's steel-cut oatmeal, berries or bananas, toast, bagel or housemade muffin

FIBER | ANTIOXIDANTS

Whole Wheat Vanilla Waffle V | 17

Local berries, organic maple syrup

Cinnamon French Toast V | 17

Housemade challah French toast, papaya, pecans, Oak & Palm spiced rum syrup

Gluten-free French toast upon request

Classic Eggs Benedict* | 24

English muffin, poached egg, hollandaise, Canadian bacon

FIBER | VITAMIN A&D | IRON

PLEASE DIAL IN-ROOM DINING ON YOUR TELEPHONE TO ORDER

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

BREAKFAST

6.00 am - 11.00 am

OUR CHEF'S SPECIALTIES

Continental | 18

Assortment of breakfast pastries and breads accompanied by seasonal fruit

Lemon Poppy Seed Pancakes V | 17

Blackberry & maple compote, lemon Chantilly cream

Healthy Bowl* | 23

Shallots, ancient grains, tomatoes, avocado, sunny side up egg, chimichurri, romesco

POTASSIUM | FIBER | OMEGA-3

Hanger Steak and Eggs* | 30

Two cage-free eggs any style, breakfast potatoes, choice of toast

PROTEIN | FIBER | CALCIUM

CUSTOM OMELETS

Cage-free eggs or egg whites | 23

Egg substitutes are available upon request

Served with breakfast potatoes

Choice of Fillings:

Meats

Smoked ham, applewood smoked bacon, sausage (chicken & mango or pork), smoked salmon

Cheese

White cheddar, pepper-jack, Gruyère, goat, feta

Vegetables

Tomato, onion, bell peppers, spinach, jalapeños, poblano, mushrooms, asparagus

KIDS

Classic | 12

One cage-free eggs, applewood smoked bacon, fresh fruit

Pancakes V | 12

Two plain or chocolate chip pancakes with strawberries

Fruit of the Moment V | 12

Fresh fruit, yogurt and granola

VITAMIN C | ANTIOXIDANTS

Assorted Kellogg's Cereal | 8

Fresh berries or sliced bananas, choice of milk

SIDES & EXTRAS

Seasonal Berries V, GF | 7

Fruit of the Moment V, GF | 6

Cage-Free Single Egg | 5

Applewood Smoked Bacon or Canadian Bacon | 6

Chicken & Mango or Pork Sausage | 6

Breakfast Potatoes | 5

Onion, bell peppers

Toast or Pastry | 4

Bran muffin, chocolate muffin, blueberry muffin, croissant, English muffin, bagel, whole wheat toast, white toast, marble rye

DAYLONG DINING

11.00 am -12.00 am

LOCALLY INSPIRED

Corn Bisque | 8

Crispy spiced hominy

FRESH SALADS

Caesar Salad V | 14

Hearts of romaine, shaved parmesan cheese, croutons, key lime caesar dressing

Bistro Salad | 14

Baby romaine, Thomasville blue, tomatoes, pickled pearl onions, bacon, avocado, scallions, roasted garlic blue cheese dressing

Grilled Peach and Heirloom Tomato | 16

Herb mascarpone, prosciutto, candied pecans, mint-julep vinaigrette

FIBER | VITAMIN E&K | POTASSIUM

Add protein to salad

Chicken Breast | 9

Grilled Gulf Shrimp | 12

Grilled Grouper | 14

CLASSICS

Margherita Pizza V | 16

Pomodoro sauce, Driftlight cheese blend, mozzarella, oven roasted tomatoes, basil, olive oil

Salsiccia Pizza | 17

Pomodoro sauce, Driftlight cheese blend, mozzarella, bacon, pepperoni, Italian sausage

Joyce Farms Chicken Wings (8ea) | 17

BBQ, mild or hot sauce, celery and carrot sticks, blue cheese or ranch dressing

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DAYLONG DINING

11.00 am - 12.00 am

LOCAL CRAFTED SANDWICHES

Joyce Farms Organic Chicken Breast | 17

Caramelized onions, white cheddar, bacon, dijonnaise, sliced tomato, red onion, butter lettuce, pickle, Kaiser roll

PROTEIN | CALCIUM | POTASSIUM

JW Burger | 17

White cheddar cheese, applewood smoked bacon, fresh tomato, red onion, bibb lettuce, pickle, Kaiser roll

Vegan Wrap VF | 15

Beyond meat, hummus, artichokes, tomatoes, cucumber, red onion, lime vinaigrette

Blackened Grouper Sandwich | 22

Lemon-dill aioli, cabbage slaw, avocado, Kaiser roll

PROTEIN | POTASSIUM | VITAMIN A&D

Oven-Roasted Turkey Club | 16

Applewood smoked bacon, fresh tomatoes, lettuce, mayo, sourdough toast

ENTRÉES

Chicken and Wild Mushrooms | 30

Wild mushrooms, carrots, peas, ricotta gnocchi, chicken jus

Florida Grouper | 38

Garlicky greens, wild rice pilaf, piccata sauce

VITAMIN A&D | POTASSIUM | FIBER

8oz Filet | 40

Smashed local potatoes, seasonal vegetables, red wine sauce

Shrimp Tagliatelle | 32

Roasted peppers, green onions, bacon

MAGNESIUM | VITAMIN A | VITAMIN C

Roasted Tomato Pasta V | 26

Fresh tagliatelle, garlic, spinach, burrata

CALCIUM | POTASSIUM | VITAMIN E&K

SIDES

Rosemary and Garlic Fries V | 6

Seasonal Grilled Vegetables V, GF | 6

Applewood Smoked Bacon and Chive Mac | 7

Asiago, fontina, cheddar

Smashed Jones Farms Potatoes V, GF | 7

Smoked paprika

BALANCED SNACKS

Garbanzo Bean Hummus V | 12

Crisp vegetables, grilled naan

ANTIOXIDANTS | FIBER | CALCIUM

Spinach and Artichoke Dip | 12

Parmesan cheese, garlic, grilled naan

Guacamole and Chips V, GF | 12

Blue corn tortillas and fresh guacamole

OMEGA-3 | UNSATURATED FATS | POTASSIUM

ARTFUL DESSERTS

Espresso Chocolate Cake | 10

Sea salt caramel cream, orange

Tampa Churned Gelato | 7

Vanilla, chocolate, sea salt caramel

Key Lime Pie | 10

Meringue, graham cracker

Tampa Churned Sorbetto | 7

Raspberry, mango

JUST FOR KIDS

11.00 am - 12.00 am

Whole Wheat Penne Pasta V | 12

Pomodoro sauce or butter and cheese

Organic Chicken Breast GF | 14

Steamed fresh vegetables

Grilled Cheese on Wheat V | 12

Served with fruit or side salad

Seasonal Fresh Fruit or Garden Salad V | 6

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BEVERAGES

REFRESHING CHOICES

Natural Fresh Juices | 7

Fresh-squeezed Lambeth Farms Florida orange juice or grapefruit juice

Juices | 6

Apple

Tomato

Pineapple

Cranberry

Soft Drinks | 5

Pepsi

Diet Pepsi

Mist Twist

Dr Pepper

Ginger Ale

Hot Chocolate | 5

illy Coffee Pot

Small | 8 Large | 10

(Regular or Decaffeinated)

illy Espresso, Cappuccino, Latte | 6

Dammann Frères Teas | 6

illy Iced Tea | 5

Voss Still or Sparkling

Small | 6 Large | 10

Acqua Panna Still | 6

Perrier Sparkling | 6

Milk | 5

Whole

2%

Non-fat

Soy

Almond

BEER

Domestic | 6.5

Budweiser

Bud Light

Michelob Ultra

Miller Lite

Import | 7.5

Corona Extra

Corona Light

Guinness

Heineken

Modelo Especial

Stella Artois

Heineken 0.0

Craft | 7.5

Blue Moon Belgian White

Samuel Adams Seasonal

Cigar City Jai Alai IPA

Coppertail Free Dive IPA

3 Daughters Beach Blonde Ale

7venth Sun Graffiti Orange

Truly Hard Seltzer

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BEVERAGES

HANDCRAFTED COCKTAILS

Mimosa | 14

Caposaldo Prosecco, fresh-squeezed orange juice

Seasonal Mimosa | 14

Caposaldo Prosecco, fresh seasonal juice

Bloody Mary | 15

Banyan Reserve vodka, housemade Bloody Mary mix

ON THE ROCKS

Premium Cocktails 200ml

Margarita | 17

Hornitos Tequila

Cosmopolitan | 17

Effen Vodka

Mai Tai | 17

Cruzan Rum

Old Fashioned | 17

Knob Creek

Aviation | 17

Larios Gin

BEVERAGES

WHITE WINE

Chateau Ste. Michelle Riesling

Columbia Valley, Washington

Bottle | 48

Pighin Pinot Grigio

Friuli, Italy

Glass | 13 Bottle | 52

**Villa Maria Sauvignon Blanc,
“Cellar Selection”**

Marlborough, New Zealand

Glass | 15 Bottle | 60

Stags’ Leap Winery Sauvignon Blanc

Napa Valley, California

Bottle | 72

**Columbia Crest “Grand Estates”
Chardonnay**

Columbia Valley, Washington

Bottle | 52

Starmont Chardonnay

Carneros, California

Glass | 14 Bottle | 56

**Sonoma-Cutrer “Russian
River Ranches” Chardonnay**

Sonoma Coast, California

Glass | 15 Bottle | 60

Chalk Hill Chardonnay

Sonoma County, California

Bottle | 56

RED WINE

Erath Pinot Noir

Oregon

Glass | 15 Bottle | 60

Meiomi Pinot Noir

California

Glass | 14 Bottle | 56

Decoy by Duckhorn Merlot

Sonoma County, California

Bottle | 52

Justin Cabernet Sauvignon

Paso Robles, California

Bottle | 79

**Columbia Crest “Grand Estates”
Cabernet Sauvignon**

Columbia Valley, Washington

Bottle | 52

Catena Zapata Malbec

Argentina

Glass | 19 Bottle | 76

**Hess Collection “Lion Tamer”
Red Blend**

Napa Valley, California

Bottle | 98

Truchard Merlot

Carneros, California

Glass | 19 Bottle | 76

**Hess Collection “Allomi”
Cabernet Sauvignon**

Napa Valley, California

Bottle | 86

The Prisoner Red Blend

Napa Valley, California

Glass | 28 Bottle | 112

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BEVERAGES

BUBBLES/CHAMPAGNE

Caposaldo Brut Prosecco

Veneto, Italy

Glass | 14 Bottle | 56

Schramsberg “Mirabelle” Brut Rosé

North Coast, California

Glass | 20 Bottle | 80

Domaine Carneros Brut

Carneros, California

Bottle | 84

Taittinger Brut La Française Champagne

Reims, France

Bottle | 112

ROSÉ WINES

Fleurs de Prairie

Provence, France

Glass | 13 Bottle | 52

Gassier “Esprit” Gassier Côtes de Provence

Château Provence, France

Bottle | 64

LIQUOR

By the Bottle:

Served with four complimentary mixers

Vodka

Tito's | 250

Ketel One | 275

Grey Goose | 300

Gin

Bombay Sapphire | 250

Hendrick's | 250

Aviation | 275

Rum

Bacardi | 250

Captain Morgan | 250

Tequila

Patrón Silver | 250

Casamigos Blanco | 250

Don Julio Reposado | 350

Whiskey

Jack Daniel's | 250

Woodford Reserve | 300

Scotch

Johnnie Walker Black | 250

Glenfiddich 12 year | 300

The Macallan 12 year | 350