



JW MARRIOTT
EDMONTON ICE DISTRICT

TASTEFULLY
NOURISHED

SAVOUR by JW

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

V | VEGETARIAN VF | VEGAN GF | GLUTEN FRIENDLY

PLEASE DIAL AT YOUR SERVICE ON YOUR GUESTROOM PHONE TO ORDER

A 20% service charge, appropriate sales tax will be added to your check. Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of food borne illness.

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.

—SATISFYING SMOOTHIES—

Energy Elixir VF GF | 13.5

Pineapple, celery, cucumber, spinach, avocado, coconut water
OMEGA 3 | VITAMIN C | IRON

Nourish Potion V GF | 13.5

Apple, berries, banana, yogurt, chia seeds
OMEGA 3 | FIBER | ANTIOXIDANTS

Antioxidant Blend VF GF | 13.5

Pineapple, apple, spinach, beet juice, banana, coconut water
VITAMIN B6 | POTASSIUM | VITAMIN C

—REVITALIZING JUICES—

Balancing Beets VF GF | 13.5

Pineapple, carrot, beet, ginger, basil
MAGNESIUM | VITAMIN C | CALCIUM

Immunity VF GF | 13.5

Apple, ginger, lemon
MAGNESIUM | VITAMIN C | FIBER

Veggie Infusion VF GF | 13.5

Apple, celery, cucumber, ginger, lemon
VITAMIN K | FIBER | POTASSIUM

—REFRESHING CHOICES—

Juices | 7

Orange
Apple
Grapefruit

Milk | 7

2%
Whole
Soy
Skim
Almond
Chocolate

Assorted Soft Drinks | 6

Pepsi, Diet Pepsi
7-up, Diet 7-up
Mountain Dew
Lipton Pure Leaf Iced Tea

illy® Coffee

Small | 7 Large | 15.5

illy® Decaffeinated Coffee

Small | 7 Large | 15.5

Premium Tea Selections | 7

Fiji Water

500ml | 6 1000ml | 9

Perrier Sparkling Water

330ml | 6 750ml | 9

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BREAKFAST

6.00 am – 11.00 am | DAILY

A BALANCED START

Chia & Mango Parfait V | 12

Fresh mango, local honey, Greek yogurt, chia seeds, granola
PHOSPHORUS | MAGNESIUM | ANTIOXIDANTS

Seasonal Fruit & Berries VF GF | 13

Sliced melons, pineapple, berries, kiwi, grapes
IRON | PROTEIN | VITAMIN C

Steal Cut Oats V | 16

Caramelized bananas, dates, blueberries, brown sugar
MAGNESIUM | CALCIUM | VITAMIN B

Overnight Power Oats V | 13

Peanut butter, bananas, berries, shredded coconut
FIBER | CALCIUM | VITAMIN B

CUSTOM OMELETS

Custom Omelet | 24

Three cage-free whole eggs or egg whites, gently folded and filled with your choice of fresh ingredients.

Each omelet is accompanied by either seasonal fruit or breakfast potatoes and your choice of toast with fruit preserves

Protein

Bacon, ham, chicken sausage, smoked salmon

Cheese & Dairy

Mozzarella, Gruyère, pepper jack, white cheddar

Vegetables

Mushrooms, tomato, broccoli, spinach, onion, bell peppers, jalapeño

KIDS

JW Kids Breakfast | 12

One egg your way, choice of bacon or chicken sausage, fresh fruit

S'mores Waffle V | 11

Chocolate chips, marshmallow crème

Kids Parfait V | 10

Vanilla yogurt, house granola, seasonal fruit & berries, mango drizzle

Banana Pancakes V | 11

Butter, maple syrup, caramel drizzle

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CLASSICS

Two Eggs Your Way | 26

Two cage free eggs, crispy homemade hashbrown patty, bacon and chicken sausage, choice of toast, fruit preserves and butter

Lemon Ricotta Pancakes V | 21

Berry compote, maple syrup

Eggs Benedict | 23

Back Bacon, poached eggs, brown butter hollandaise, toasted English muffin, crispy homemade hashbrown patty
Substitute: Smoked salmon, avocado & tomato

Dulce de Leche French Toast V | 23

Brioche bread, dulce de leche drizzle, bananas, whipped cream

CHEF'S CHOICE

Chilaquiles V | 28

Crispy tortilla, tomatillo salsa, poached egg, cilantro crema, queso fresco, pickled red onions

Add: Crispy chorizo | 4

SINGLE SERVINGS

Smoked Salmon Bagel | 14

Toasted bagel, smoked salmon, herb and garlic cream cheese, pickled red onions, microgreens

Breakfast Meats | 10

Applewood smoked bacon, chicken apple sausage

Single Egg Benedict | 12

Back bacon, poached eggs, brown butter hollandaise, toasted English muffin, crispy homemade hashbrown patty

Market Style Crudité V | 10

Sliced assorted vegetables, sprouts, yogurt dipping sauce

Chocolate Twist Danish V | 8

Jumbo Butter Croissant V | 8

DAYLONG DINING

11.00 am - 11.00 pm | DAILY

—LOCALLY INSPIRED—

Beef & Barley Soup | 12

Served with grilled bread
PROTEIN | FIBER | VITAMIN B

French Onion Soup | 18

Beef broth, croutons, Gruyère cheese

Steak Sandwich | 29

6oz grilled steak, caramelized onions, arugula, ciabatta bread, herb and parmesan fries

Butter Chicken | 40

Indian spiced chicken, pickled shallots, rice, toasted almonds, puri bread

—BALANCED SNACKS—

Muhammara Dip V | 19

Roasted red peppers, walnuts, crispy vegetables chips, pita bread, olive oil
PROTEIN | FOLATE | VITAMIN A

Truffle Fries V | 12

Double blanched potatoes, truffle oil, parmesan, black garlic dip

Buffalo Cauliflower Bites V | 18

Crispy cauliflower tossed in buffalo hot sauce, peppercorn ranch, and crispy vegetables

—HEALTHY CHOICE—

Miso Glazed Eggplant & Ancient Grain Bowl VF GF | 20

Green onions, basil, pickled cucumbers
PROTEIN | MAGNESIUM | CALCIUM

Add protein to bowl:

Chicken | 10

Salmon | 14

Steak | 19

—CHEF'S CHOICE—

Birria Tacos | 40

Slowed cooked Mexican spiced beef, homemade tortilla, cilantro, onion, green salsa, beef broth for dipping
Vegetarian options are available

—CLASSICS—

Marriott Burger | 29

AAA beef quality, crispy bacon, caramelized onions, white cheddar, mustard mayo, tomato, lettuce, herb and parmesan fries
"We are proudly supporting Children's Miracle Network Hospitals with a \$1.00 donation with every Marriott Burger sold."

 **Children's Miracle Network**

Club Sandwich | 28

Grilled marinated chicken breast, bacon, avocado, tomato, lettuce, garlic aioli and parmesan fries

Crispy Chicken Tenders | 22

Ranch and hot sauce, herb and parmesan fries

Bison Ragout Pappardelle | 24

Homemade bison ragout, parmesan flakes, garlic bread

Margherita Pizza V | 21

Fresh mozzarella, tomatoes, basil, olive oil

Sausage & Pepperoni Pizza | 24

Tomato sauce, mozzarella cheese, arugula

Chicken Wings | 22

Peppercorn ranch, hot sauce

—KIDS—

Grilled Cheese | 12

Whole wheat bread, cheddar
Choice of fruit cup or French fries

Crispy Chicken Fingers | 16

Choice of fruit cup or French fries, honey mustard, ketchup

Pasta Pomodoro V | 16

House made tomato sauce, parmesan cheese
FIBER | CALCIUM | VITAMIN K

Cheeseburger | 15

French fries, ketchup

Cheese Pizza | 15

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DAYLONG DINING

11.00 am – 11.00 pm | DAILY

GREENS

Green Goddess Salad V GF | 19

Artisan lettuce blend, pea shoots, avocado, green apples, walnuts, radishes, goat cheese, green goddess dressing
FIBER | MAGNESIUM | VITAMIN C

Caesar Salad | 17

Romaine lettuce, garlic croutons, Caesar dressing

Roasted Carrot Salad V GF | 18

Tajin spiced roasted carrots, arugula, citrus vinaigrette, whipped goat cheese, toasted pine nuts
IRON | CALCIUM | POTASSIUM

Add Protein to any greens:

Chicken | 10
Salmon | 14
Steak | 19

MAKE IT YOURS

8oz. AAA Alberta Filet Mignon GF | 56

Peppercorn demi
IRON | VITAMIN B12 | VITAMIN K

12oz. AAA Alberta Strip Steak GF | 62

Red wine jus
PROTEIN | IRON | MAGNESIUM

Pan Roasted Chicken Supreme GF | 38

Pan jus
PROTEIN | POTASSIUM | PHOSPHORUS

Miso Glazed Roasted Salmon GF | 40

Grilled lemon
OMEGA 3 | ANTIOXIDANTS | IRON

Choose Two Sides:

Steamed seasonal vegetables GF VF
Charred broccolini GF VF
Potato au gratin
House salad GF V
Sweet potato fries V
Lemon ancient grain blend V

ARTFUL DESSERTS

Chef's Tres Leches Cake | 14

Vanilla sponge, milk syrup, berries

Chocolate Ruby Champagne Cake | 14

Blackberries, whipped cream

Ice Cream V | 12

Choice of vanilla, chocolate, strawberry
Please ask your server for other local feature flavors

Cheese Plate | 18

Chef's selection of artisanal cheese, crackers, grapes, berries, fruit spread, nuts

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BEVERAGES

11.00 am - 11.00 pm | DAILY

— BEER —

Domestic Beer (341ml) | 10

Budweiser
Canadian
Coors Light
Alexander Keith's

Import/Regional Beer (341ml) | 11

Original 16 Copper Ale
Corona
Corona Light
Heineken

Non Alcoholic Beer (341ml) | 8

— LIQUOR —

Premium Spirits 1oz | 10

Grey Goose
Appleton Estates
Bombay
Sapphire
Glenfiddich 12
Knob's Creek
Crown Royal
Wayne Gretzky Red Cask
Big Rig Garlic Vodka

Luxury Spirits 1oz | 15

Crown Royal Limited Edition
Hennessy VSOP
Patron Silver
Strathcona Barrel Aged Gin
Wayne Gretzky Ice Cask

— HANDCRAFTED COCKTAILS —

Rig'IN Garlic Caesar 1.5oz | 20

Edmonton Big Rig garlic vodka,
plain chicken wing, olives, Alberta
beef jerky, crispy bacon, celery stick,
clamato juice, tabasco, Worcestershire
sauce

Strathcona Aged Negroni 2oz | 20

Local Strathcona barrel aged gin,
Campari, sweet vermouth, bitters,
dehydrated orange wheel

Cucumber Mojito 1.5oz | 16

Bacardi rum, inhouse made cucumber
juice, fresh mint leaves, freshly
squeezed lime juice, 7up

Elderflower Margarita 2oz | 21

Casamigos tequila, elderflower
cordial, freshly squeezed lime juice
rimmed with white salt and lime wedge

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WINE BY GLASS

WHITE WINE

**Robert Mondavi Private Selection,
Pinot Grigio**
California, USA
6oz | 16 9oz | 22 750ml | 60

**Inniskillin Niagara Estate,
Chardonnay**
Ontario, Canada
6oz | 16 9oz | 22 750ml | 60

Kim Crawford, Sauvignon Blanc
Marlborough, New Zealand
6oz | 16 9oz | 22 750ml | 60

RED WINE

**Robert Mondavi Private Selection,
Cabernet Sauvignon**
California, USA
6oz | 16 9oz | 24 750ml | 67

Inniskillin Niagara Estate, Merlot
Ontario, Canada
6oz | 16 9oz | 24 750ml | 67

Avignonesi Rosso Cantaloro, Blend
Tuscany, Italy
6oz | 16 9oz | 24 750ml | 67

Kim Crawford, Pinot Noir
Marlborough, New Zealand
6oz | 16 9oz | 24 750ml | 67

ROSE WINE

Beringer Main & Vine, White Zinfandel
California, USA
750ml | 46

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BEVERAGES

11.00 am – 11.00 pm | DAILY

WHITE WINE

Gray Monk, Pinot Gris
Okanagan Valley, Canada
Bottle | 68

Chablis Louis Jadot, Chardonnay
Burgundy, France
Bottle | 86

**Wayne Gretzky Signature Series,
Chardonnay**
Canada
Bottle | 90

BUBBLES/CHAMPAGNE

Anna de Codorniu Reserva, Brut
Spain
200ml Bottle | 16 750ml Bottle | 55

Ruffino, Prosecco
Italy
375ml Bottle | 35 750ml Bottle | 64

Moët & Chandon Impérial, Brut
Champagne, France
750ml Bottle | 169

Veuve Cliquot Ponsardin, Brut
Champagne, France
750ml Bottle | 176

RED WINE

Sumac Ridge, Cab Merlot
Okanagan Valley, Canada
Bottle | 58

Luigi Bosca Mendoza, Melbec
Argentina
Bottle | 73

**Wayne Gretzky Signature Series,
Shiraz**
Okanagan Valley, Canada
Bottle | 90

Gray Monk Odyssey Meritage, Blend
Okanagan Valley, Canada
Bottle | 98

**Tommasi Amarone della Valpolicella
Classico**
Veneto, Italy
Bottle | 132

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