

# BREAKFAST

## MIZZEN BUFFET

Market fruit and berries, Yogurt, Steel cut oatmeal, Cereals, Scrambled eggs, Bacon, Sausage links, Breakfast potatoes, Sliced cheeses, Smoked salmon, Omelets made to order, Pastry basket, Toast with preserves, Selection of breakfast juices, Coffee, and Assorted Tazo® teas.

/ 33

## ENTREES

### TRADITIONAL BREAKFAST / 27

2 Organic cage-free eggs any style with toast, Choice of smoked bacon, Country pork Sausage or chicken sausage, Roasted tomato  
NF / DF

### WESTERN OMELET WITH TOAST / 24

Smoked ham, Roasted peppers, Onions, Gruyere cheese, Roasted tomato  
NF / GF

### CANADIAN BACON BENEDICT / 24

Organic cage-free poached eggs, English muffin, Red onion, Tarragon hollandaise, Roasted tomato  
NF

### SMOKED SALMON & AVOCADO BENEDICT / 26

Organic cage-free poached eggs, Crushed avocado, English muffin, Red onion, Tarragon hollandaise, Roasted tomato  
NF

All served with fresh fruit and berry bowl (GF / NF / DF / Vegan) or breakfast potatoes (NF/ Vegetarian)

### ORGANIC BLUEBERRY AND BUTTERMILK PANCAKES / 17

Fresh berries, Ontario maple syrup, and Whipped cream  
NF

### TOASTED BAGEL & AVOCADO / 17

Everything bagel, Cream cheese, Half a fresh sliced avocado, Roasted tomato  
NF / Vegetarian

Add smoked salmon & capers / 8

### BREAKFAST PIZZA / 21

Medium cooked free run eggs, Fresh mozzarella, San Marzano tomato sauce, Fresh tomato, Scallions

Add bacon \$2

Add beyond meat sausage \$3

Add half avocado \$5


### EGG WHITE OMELET WITH TOAST / 24

Boursin cheese, Spinach, Tomato, Roasted tomato, Fresh fruit and berry bowl  
GF / NF


## EAT WELL MENU

Our Chef has crafted these delicious dishes with your well-being in mind, giving you the freedom to choose when it comes to portion size, nutritional balance and quality of ingredients.

### GRANOLA & YOGURT PARFAIT / 9 (HALF) / 17

Fresh fruits and berries  
Vegetarian /  Eat Well


### CONTINENTAL BREAKFAST / 12 (HALF) / 22

Yogurt and granola parfait, Freshly baked muffin, Toast & preserves  
NF / Vegetarian /  Eat Well

### AVOCADO TOAST / 24

Fresh guacamole, Two poached farm fresh eggs, Drop peppers, Rudolph's multigrain toast, Served with roasted tomato with pesto and grana Padano cheese, Choice of green salad or breakfast potatoes

### OATMEAL WITH BLUEBERRIES AND WALNUTS / 12 (HALF) / 16

Served with blueberries, Walnuts, Maple syrup  
Vegan /  Eat Well

### OUR SOURCING PROMISE

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



Service charges and government taxes are additional. Consuming raw or undercooked meats, seafood, shellfish or eggs may increase your risk of food-borne illness. ©2018 Marriott International, Inc. All Rights Reserved. All names, marks and logos are the trademarks of Marriott International, Inc., or its affiliates.

## SIDE ORDERS

TOAST OR EVERYTHING BAGEL WITH CHOICE OF CREAM CHEESE, BUTTER AND PRESERVES / 8

CROISSANT, BLUEBERRY MUFFIN OR BANANA MUFFIN / 6

SMOKED BACON 5 PCS / 8 NF / DF / GF

COUNTRY PORK SAUSAGE 4 PCS / 8 NF / DF

CHICKEN SAUSAGE 4 PCS / 8 GF / NF / DF

BEYOND MEAT PATTIES 2 PCS / 7 GF / NF / DF / Vegan

HALF AN AVOCADO / 5 GF / NF / DF / Vegan

SMOKED SALMON / 9 GF / NF / DF

FRESH FRUIT AND BERRY BOWL / 10 GF / NF / DF / Vegan

SIDE BREAKFAST POTATOES / 7 NF / Vegetarian

## BEVERAGES

MANGO, SPINACH & BANANA SMOOTHIE / 10

ORANGE, GRAPEFRUIT OR APPLE JUICE / 7

2%, SKIM, SOY, OAT OR ALMOND MILK / 6

COFFEE OR TEA / 6

ESPRESSO / 6

AMERICANO / 6

CAPPUCCINO / 7

LATTE / 7

THE WESTIN  
HARBOUR CASTLE  
TORONTO

GF We pride ourselves in providing gluten friendly menu choices. While we endeavor to carefully prepare those meals to accommodate a gluten-free diet please be aware that they may be prepared in an environment where gluten is present. Please ask your server to assist you in making your selection. Please consult your physician as to your personal health decisions. NF Indicates this menu item is nut-free; DF dairy-free. Service charges and government taxes are additional. 15% gratuity added to bills for parties of 8 people or more. Consuming raw or undercooked meats, seafood, shellfish or eggs may increase your risk of food-borne illness. ©2022-2023 Marriott International, Inc. All Rights Reserved. Westin® and its logos are trademarks of Marriott International, Inc., or its affiliates.

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