

A close-up photograph of a chef's hands peeling a carrot. The chef is using a peeler to create a long, thin, spiral-shaped carrot ribbon. The ribbon is being placed on a white plate. In the background, there are several whole carrots and a stack of wooden sticks. The lighting is warm and focused on the hands and the peeling process.

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

Available all day

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.

SATISFYING SMOOTHIES

Energy Elixir No. 2 VF | GF | 8

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

OMEGA-3 | VITAMIN C | IRON

Nourish Potion No. 2 V | GF | 8

Apple, berries, banana, yogurt, water, chia seeds

OMEGA-3 | FIBER | ANTIOXIDANTS

Refreshing Blend No. 1 VF | GF | 8

Watermelon, ginger, kale, Dammann green tea, lemon, mint

ANTIOXIDANT | VITAMIN K | VITAMIN C

REVITALIZING JUICES

Cleansing Carrot VF | GF | 8

Carrot, apple, lemon, ginger

VITAMIN A | VITAMIN B | FIBER

Revitalizing Blend VF | GF | 8

Apple, lemon, kale, ginger

VITAMIN A | VITAMIN K | FIBER

Immunity VF | GF | 8

Apple, ginger, lemon

VITAMIN A | VITAMIN C | POTASSIUM

BREAKFAST

Available all day

A BALANCED START

Organic Yogurt & Granola Parfait V | 12

Housemade granola, Greek yogurt, berries, local honey

CALCIUM | MAGNESIUM | PROTEIN

Baker Miller Stone-Cut Oatmeal VF | 12

Locally sourced stone-cut oats from Dwight, IL, bananas, raspberries, blueberries

Fresh Fruit & Berries VF | GF | 16

Pineapple, orange, melon, berries

VITAMIN C | ANTIOXIDANTS

CLASSICS

The JW | 28

Two organic, cage-free eggs any style, housemade breakfast potatoes

Choice of: Nueske's smoked bacon, local pork sausage or chicken apple sausage

Choice of: Bran muffin, croissant, blueberry lemon coffee cake or whole-grain toast

Choice of chilled juice: Orange, grapefruit, apple, tomato, cranberry or V8

Choice of: illy® coffee, tea or hot chocolate

Continental Breakfast | 22

Fresh fruit & berries

Choice of: Bran muffin, croissant, blueberry lemon coffee cake or whole-grain toast

Choice of chilled juice: Orange, grapefruit, apple, tomato, cranberry or V8

Choice of: illy coffee, tea or hot chocolate

Whole-Grain Waffle | 20

Apple butter, cinnamon-oat streusel

Choice of: Nueske's smoked bacon, local pork sausage or chicken apple sausage

Eggs Benedict | 21

Toasted whole-wheat English muffin, poached organic, cage-free eggs, Nueske's bacon, baby spinach, hollandaise sauce, housemade breakfast potatoes, roasted tomato

Egg White Frittata V | GF | 19

Baby spinach, roasted sweet potatoes, caramelized onions, mushrooms, goat cheese, fresh herbs

PROTEIN | MAGNESIUM | VITAMIN K

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BREAKFAST

Available all day

CUSTOM OMELETS

Organic cage-free eggs or egg whites gently folded & filled with your choice of fresh ingredients. Each omelet is accompanied by housemade breakfast potatoes GF | 19

Meat

Nueske's smoked bacon

Nueske's smoked ham

Local pork sausage

Chicken apple sausage

Smoked salmon

Nueske's Applewood Smoked Meats is a specialty meat supplier in Wittenberg, WI

Cheese & Dairy

Wisconsin gruyere

Carr Valley applewood smoked cheddar

Wisconsin feta cheese

Local goat cheese

Sriracha gouda

Vegetables

Roasted mushrooms

Heirloom tomato

Baby spinach

Red onions

Carnival sweet peppers

CHEF'S CHOICE

JW Chicago Chilaquiles | \$18

Crisp corn tortillas, roasted tomatillos, cilantro, organic eggs, queso fresco

SINGLE SERVINGS

Smoked Salmon Bagel | 18

Cold-smoked Atlantic salmon, hard-boiled eggs, cucumbers, capers, red onions, tomatoes, cream cheese

Breakfast Potatoes V | GF | 7

Shredded russett potatoes, thyme & rosemary

Breakfast Meats GF | 7

Nueske's smoked bacon, local pork sausage, chicken apple sausage

Smoothie Bowl V | GF | 15

Banana, strawberry, chia

FAMILY FAVORITES

Family Breakfast | 26 per person

Two cage-free eggs, Nueske's smoked bacon, housemade breakfast potatoes, enough toast for all, Greek yogurt or fresh seasonal fruit, fresh-squeezed juice

KIDS'

Whole-Grain Pancakes V | 10

Pure grade A maple syrup, fresh fruit, berries

JW Breakfast Sandwich | 10

Toasted whole-wheat English muffin, scrambled egg, local pork sausage, smoked cheddar cheese, housemade breakfast potatoes

V | VEGETARIAN VF | VEGAN GF | GLUTEN FRIENDLY

151 WEST ADAMS STREET | CHICAGO, ILLINOIS 60603

DAYLONG DINING

11:00 am – 11:00 pm

LOCALLY INSPIRED

French Onion Soup | 12

Artisan baguette crouton,
Wisconsin gruyere cheese

Charred Tomato & Garbanzo Bean Soup V | GF | 9

Kale, heirloom carrots,
extra virgin olive oil

VITAMINS E & K | PHOSPHORUS | ANTIOXIDANTS

Chicago Italian Beef “Combo” Sandwich | 16

Thinly sliced house roasted Italian beef,
Italian sausage, giardiniera, crisp French fries

Garganelli Pasta V | 18

Cacio e pepe, morel mushrooms, fava beans

BALANCED SNACKS

Seeded Avocado Toast VF | 15

Artisan multigrain bread, arugula,
pickled onions, radish, sesame seeds,
sunflower seeds, toasted sourdough

OMEGA-3 | MAGNESIUM | POTASSIUM

White Bean Truffle Hummus VF | 12

Seasonal vegetables, sesame asiago crisps

PROTEIN | PHOSPHORUS | FIBER

Maine Lobster Rolls V | 18

Wild Maine lobster, truffle vinaigrette,
pickled fennel, brioche roll, Old Bay chips

Local Meats & Cheeses | 14

La Quercia cured meats, Midwest cheeses,
seasonal jam, marcona almonds,
grilled ciabatta

*La Quercia, based in Iowa, is renowned
for crafting high-quality American artisan
dry-cured meats from humanely raised
heritage breed meat*

CLASSICS

*All sandwiches accompanied by guest choice
of two sides: French fries, sweet potato fries,
garden salad, seasonal fruit cup*

Organic Roasted Turkey Sandwich | 17

Cucumbers, avocado, dill cream, local
artisan sourdough

PROTEIN | MAGNESIUM | POTASSIUM

Burnham Burger | 22

Sweet & spicy pickles, A-1 aioli,
Carr Valley applewood smoked cheddar,
sesame-brioche bun

JW BLT | 17

Nueske's applewood smoked bacon,
bibb lettuce, heirloom tomato, herbed mayo,
organic egg, challah bread

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DAYLONG DINING

11:00 am – 11:00 pm

FAMILY FAVORITES

JW Family Dinner | 27 per person

Caesar salad

Herb-roasted breast of chicken,
rosemary-garlic roasted potatoes,
sautéed spinach & mushrooms

KIDS'

Grilled Chicken Sandwich | 10

Toasted whole-wheat bun, lettuce, tomato,
side of steamed broccolini

Lemon Roasted Wild Salmon GF | 10

Salmon, steamed broccolini

VITAMIN C | OMEGA-3 | IRON

JW Personal Pizza | 10

Whole-wheat crust

Add: pepperoni, mushrooms, sausage

Mac & Cheese | 10

Elbow macaroni, creamy cheddar sauce

GREENS

JW House Salad VF | GF | 12

Mixed greens, fresh herbs, tomato,
cucumber, pickled onion, champagne
vinaigrette

Chicago-Style Chop Salad GF | 16

Pancetta, sweet corn, heirloom tomato,
organic egg, smoked Moody Blue cheese,
avocado, ranch dressing

Hearts of Romaine Caesar Salad | 14

Shaved parmesan cheese,
grape tomatoes, olive oil croutons

FIBER | VITAMIN B12

Heirloom Tomato Salad V | GF | 15

Whipped local feta, red oak leaf lettuce,
lemon-oregano vinaigrette

VITAMIN C | MAGNESIUM | ANTIOXIDANTS

Add protein to any greens:

Grilled Chicken Breast | 6

Grilled Shrimp, Sustainably Sourced | 8

Grilled Salmon, Sustainably Sourced | 10

Creekstone Farms Bistro Filet | 11

V | VEGETARIAN VF | VEGAN GF | GLUTEN FRIENDLY

151 WEST ADAMS STREET | CHICAGO, ILLINOIS 60603

DAYLONG DINING

11:00 am – 11:00 pm

MAKE IT YOURS

Choose One Entree:

Sustainably Sourced Salmon GF | 29

Herb pesto

VITAMIN C | OMEGA-3 | IRON

Creekstone Farms Bistro Filet GF | 25

Roasted garlic-rosemary butter

VITAMIN C | OMEGA-3 | IRON

Pine Manor Farms Breast of Chicken GF | 22

Chardonnay jus

PROTEIN | PHOSPHORUS | VITAMIN B

Oven-Roasted

Tempeh Meatballs GF | VF | 20

Smoked paprika romesco

FIBER | OMEGA-3 | IRON

Choose Two Sides:

Roasted fingerling potatoes,
lemon & oregano GF | V

Zucchini noodles GF | VF

Grilled asparagus, lemon oil GF | VF

Crispy maple-garlic fries GF | V

Warm toasted quinoa salad GF | VF

Cauliflower fried rice, riced cauliflower,
peas, onions, tamari soy, scallions GF | VF

REFRESHING CHOICES

Fresh Strawberry Shortcake | 10

Elderberry-strawberry coulis,
grilled shortcake & sweet cream

Triple Chocolate Tart | 10

Dark, milk & white chocolate mousse tart,
chocolate crumble, meringue

Angelo's Gelato GF | V | 8

Vanilla, chocolate, strawberry

Peanut Butter Cannoli | 10

Phyllo cannoli with peanut butter cream,
dark chocolate, praline crumb

Citrus Pistachio Cake GF | 10

Pistachio cake, riesling sabayon,
grapefruit tuile, candied kumquats

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OVERNIGHT

11.00 pm – 6.00 am

EVENING EATS

Egg White Frittata V | GF | 19

Baby spinach, roasted sweet potatoes, caramelized onions, mushrooms, goat cheese, fresh herbs

PROTEIN | MAGNESIUM | VITAMIN K

White Bean Truffle Hummus VF | 12

Seasonal vegetables, sesame asiago crisps

French Onion Soup | 12

Artisan baguette crouton, Wisconsin gruyere cheese

Hearts of Romaine Caesar Salad | 14

Shaved parmesan cheese, grape tomatoes, olive oil croutons

FIBER | VITAMIN B12

Bacon Cheddar Fries | 14

Crispy French fries, Nueske's bacon, smoked cheddar cheese, scallions, ranch dressing

Organic Roasted Turkey Sandwich | 17

Cucumbers, avocado, dill cream, local artisan sourdough

PROTEIN | MAGNESIUM | POTASSIUM

Burnham Burger | 22

Sweet and spicy pickles, A-1 aioli, Carr Valley applewood smoked cheddar, sesame-brioche bun

JW BLT | 17

Nueske's applewood smoked bacon, bibb lettuce, heirloom tomato, herbed mayo, organic egg, challah bread

All sandwiches accompanied by guest choice of two sides: French fries, sweet potato fries, garden salad, seasonal fruit cup

Chicago Thin Crust Pizza | 18

Whole-wheat crust

Add: pepperoni, mushrooms, sausage

Triple Chocolate Tart | 10

Dark, milk & white chocolate mousse tart, chocolate crumble, meringue

V | VEGETARIAN VF | VEGAN GF | GLUTEN FRIENDLY

— 151 WEST ADAMS STREET | CHICAGO, ILLINOIS 60603 —

BEVERAGES

REFRESHING CHOICES

Assorted Juice | 6

Fresh-squeezed orange, fresh-squeezed grapefruit, apple, tomato, cranberry, V8

Dammann Frères Iced Tea | 6

China black tea

VITAMIN C | FOLATE | POTASSIUM

Pot of illy Coffee

Small | 7 Large | 13

Milk | 4

Whole, 2%, non-fat, chocolate, soy, almond

VITAMINS B2-B12 | CALCIUM
PHOSPHORUS | POTASSIUM

Soft Drinks | 5

Pepsi

Diet Pepsi

Mist Twst

Schwepes Club Soda

Schwepes Tonic

Schwepes Ginger Ale

Bottled Water:

San Pellegrino Sparkling

500 ml | 6 Liter | 9

Evian

500 ml | 6 Liter | 9

Voss Sparkling or Still

500 ml | 8 Liter | 11

REFRESHING CHOICES

Cappuccino, Latte, Hot Chocolate | 6

French Press Coffee

Small | 11 Large | 16

Assorted Hot Tea | 7

Naked Juice | 6

BEER

Domestic | 6

Miller Lite, Milwaukee, WI

Coors Light, Golden, CO

Budweiser/Bud Light, St. Louis, MO

Michelob Ultra, St. Louis, MO

O'Doul's N/A, St. Louis, MO

Craft | 7

Blue Moon Belgian White, Golden, CO

Sierra Nevada Pale Ale, Chico, CA

Samuel Adams Boston Lager, Boston, MA

Samuel Adams Seasonal, Boston, MA

Goose Island 312, Chicago, IL

Goose Island Matilda, Chicago, IL

Lagunitas IPA, Chicago, IL

Imported | 7

Amstel Light, Netherlands

Heineken Premium, Netherlands

Stella Artois Lager, Belgium

Corona Extra, Mexico

Corona Light, Mexico

Guinness Draught, Ireland

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ROSÉ/WHITE

**Baron Gassier Rosé “Esprit”
Côtes de Provence**

France

Glass | 15 Bottle | 58

Snoqualmie ECO Riesling

Columbia Valley, Washington

Glass | 10 Bottle | 36

Kris Pinot Grigio

Delle Venezie, Italy

Glass | 12 Bottle | 46

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

Marlborough, New Zealand

Glass | 15 Bottle | 58

**Concannon Selected
Vineyards Chardonnay**

Central Coast, California

Glass | 10 Bottle | 38

**Merryvale Vineyards
“Starmont” Chardonnay**

Napa Valley, California

Glass | 14 Bottle | 54

Sonoma-Cutrer Chardonnay

Russian River Valley, California

Glass | 16 Bottle | 62

Jordan Chardonnay

Russian River Valley, California

Glass | 25 Bottle | 98

RED

Meiomi Pinot Noir

Sonoma Coast, California

Glass | 15 Bottle | 58

Whitehall Lane Merlot

Napa Valley, California

Glass | 19 Bottle | 74

**Concannon Selected Vineyards
Cabernet Sauvignon**

Central Coast, California

Glass | 10 Bottle | 38

**The 75 Wine Company
Cabernet Sauvignon**

Northern California

Glass | 12 Bottle | 46

Conn Creek Cabernet Sauvignon

Napa Valley, California

Glass | 20 Bottle | 78

Justin Cabernet Sauvignon

Paso Robles, California

Glass | 19 Bottle | 74

**Bodega Catena
“Catena Zapata” Malbec**

Mendoza, Argentina

Glass | 12 Bottle | 46

**Ridge Vineyards
“Three Valleys” Blend**

Sonoma, California

Glass | 21 Bottle | 82

BUBBLES/CHAMPAGNE

Chandon Sparkling Rosé

Napa Valley, California

Glass | 14 Bottle | 56

Schramsberg “Mirabelle” Brut

North Coast, California

Glass | 17 Bottle | 66

Gruet Brut

New Mexico

Glass | 15 Bottle | 58

Moët & Chandon

Imperial Brut | 155

Champagne, France

Veuve Clicquot

Yellow Label Brut | 155

Champagne, France

LIQUOR

By the Bottle:

Vodka

Absolut | 128

Grey Goose | 170

Ketel One | 155

Gin

Bombay Sapphire | 180

Tanqueray No. 10 | 195

Tequila

Patrón Silver | 234

Patrón Añejo | 296

Rum

Captain Morgan | 130

Bacardi Superior | 115

Whiskey

Jack Daniel’s | 168

Crown Royal | 175

Scotch

Glenlivet 12-year | 275

Glenfiddich 12-year | 265

Macallan 12-year | 295

Johnnie Walker Black | 245

Cognac

Courvoisier VSOP | 290

Hennessy VSOP | 390

Cordials

Kahlua | 170

Baileys Irish Cream | 135

Romana Sambuca | 197

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