



# 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.*

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## VITAMINS

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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

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## MINERALS

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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 | ARTICHOKEs | KIDNEY BEANS  
CRANBERRIES | CLOVE | CINNAMON  
OREGANO | TURMERIC | COCOA | CUMIN  
PARSLEY | BASIL | THYME | WILD HONEY

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## HEALTHY FATS & FIBER

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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 | ARTICHOKEs  
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.*

## SATISFYING SMOOTHIES

### Energy Elixir | 8

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

OMEGA-3 | VITAMIN C | IRON

### Nourish Portion | 8

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

OMEGA-3 | FIBER | ANTIOXIDANTS

### Antioxidant Blend | 8

Pineapple, apple, spinach, beet juice, berries, banana, coconut water

VITAMIN B-6 | POTASSIUM | VITAMIN C

## REVITALIZING JUICES

### Balancing Beets | 7

Pineapple, carrot, beet, ginger, basil

CALCIUM | VITAMIN C | MAGNESIUM

### Immunity | 7

Apple, ginger, lemon

VITAMIN C | FIBER | MAGNESIUM

### Energy Mix | 7

Almond milk, dates, vanilla, espresso cacao powder, cinnamon

FIBER | VITAMIN B-6 | ANTIOXIDANTS

V | VEGETARIAN

VF | VEGAN

GF | GLUTEN FRIENDLY

4040 CENTRAL FLORIDA PARKWAY | ORLANDO, FL 32837

# BREAKFAST

6.00 am - 11.30 am

## A BALANCED START

### Honey Almond

#### Granola Parfait V, GF | 14

Greek yogurt, dried cherries, lavender, blueberries, local honey, granola

CALCIUM | POTASSIUM | PROTEIN

#### Seasonal Fruit & Berries V, GF | 10

Fresh seasonal fruit, berries, Whisper Creek Farm honey

IRON | PROTEIN

#### Steel-Cut Oats V, VF, GF | 10

Blueberries, bananas, walnuts brown sugar

IRON | MAGNESIUM | CALCIUM | VITAMIN B-6

#### Avocado Toast | 18

Multigrain toast, avocado, two eggs, olive oil, lemon zest

#### Smoked Salmon Bagel | 19

Fried egg, shaved cucumbers, fennel, onion, tomato, caper cream cheese

#### Continental | 15

Seasonal fruit, yogurt, seasonal pastry selection, choice of bread

## CLASSICS

### The Classic JW | 18

Two cage-free eggs, crispy hash browns, Noble Star Ranch bacon or sausage

### Eggs Benedict | 21

Canadian bacon, poached eggs, hollandaise, English muffin, hash brown potatoes

### Buttermilk Pancakes V | 17

Choice of banana or blueberries, Vermont maple syrup

### Vanilla Bean French Toast | 15

Cinnamon baked apples, Vermont maple syrup

### Shrimp Frittata GF | 19

Cape Canaveral shrimp, avocado, pesto from the garden

PROTEIN | VITAMIN C | CALCIUM | FIBER

### Corned Beef Hash GF | 18

Bacon, hash brown potatoes, fried eggs

PLEASE DIAL 2355 ON YOUR TELEPHONE TO ORDER

*A 22% service charge, \$4.00 delivery charge and appropriate sales tax will be added to your check. Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness.*

# BREAKFAST

6.00 am - 11.30 am

## CUSTOM OMELETS

Eggs or egg whites gently folded and filled with your choice of fresh ingredients. Each omelet is accompanied by a choice of fruit or breakfast potatoes | **19**

### Meat

Chicken, steak, ham, bacon, sausage, chicken sausage

### Cheese & Dairy

Mozzarella, cheddar, Gruyere, pepper jack, white cheddar

### Vegetables

Mushrooms, tomato, asparagus, broccoli, spinach, onion

## CHEF'S CHOICE

### Short-Rib Hash | 20

Two poached eggs, fingerling potatoes, Whisper Creek Farm peppers and chili hollandaise

## SINGLE SERVINGS

### Fried-Egg Sandwich | 17

Crispy bacon, cheddar, brioche bun, hash brown potatoes

### Crepes V | 15

Pan-roasted apples, cinnamon, vanilla bean

### JW Big Breakfast | 19

Single cage-free egg, bacon, sausage, breakfast potatoes, toast

## FAMILY FAVORITES

### Family Breakfast | 18 per person *(minimum of 3)*

Cage-free eggs any way you like, crispy bacon, potatoes and enough toast for all, strawberry yogurt or fresh fruit, fresh-squeezed juice

## KIDS

### Healthy Starter | 15

Breakfast-potato hash, egg-white frittata, grilled asparagus, chicken sausage, orange juice

CALCIUM | IRON | POTASSIUM

### JW Big Kid Breakfast | 12

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

### Silver Dollar Pancakes | 12

Plain, chocolate chip or banana with butter and maple syrup

### Fruit of the Moment | 12

Seasonal berries, organic yogurt, granola

V | VEGETARIAN    VF | VEGAN    GF | GLUTEN FRIENDLY

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# DAYLONG DINING

11.30 am - 10.30 pm

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## LOCALLY INSPIRED

### Lake Meadows Chicken Sandwich | 17

Locally sourced grilled chicken breast, chipotle yogurt, avocado, tomato, brioche bun

### Grilled Grouper Sandwich | 21

Locally sourced grouper, lettuce, tomato, onion, lemon aioli

### Quinoa Burger V | 17

Swiss cheese, lettuce, roasted tomato aioli, whole-grain bun

IRON | MAGNESIUM | CALCIUM | PROTEIN

### House-Made Corned Beef Reuben | 18

Swiss cheese, sauerkraut, Thousand Island dressing, marble rye bread

### Fried-Egg Sandwich | 17

Crispy bacon, cheddar, brioche bun, hash brown potatoes

### Garden Tomato Bisque V | 9

Basil oil from the garden, warm Gruyere crouton

### French Onion Soup | 9

Three cheeses, fresh baguette crouton

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## BALANCED SNACKS

### Chickpea Hummus Dip V, VF | 16

Crisp vegetables, watermelon radish, cucumbers, pita bread

PROTEIN | FOLATE | VITAMIN A | VITAMIN C

### Lump Crab Cakes | 18

Tartar sauce, grilled lemon

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## BALANCED SNACKS

### Cheese Plate V | 19

Cheddar, brie, gouda, marinated artichokes, our Primo almonds, grilled focaccia, farm honey

### Charcuterie | 21

Prosciutto, Calabrese salami, speck, roasted artichokes, almonds, grilled focaccia, Surplus ale mustard

IRON | PHOSPHORUS | PROTEIN

### Lake Meadows Chicken Wings | 15

Locally sourced, choice of BBQ, hot, medium or mild sauce, celery sticks, blue cheese or ranch

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## CLASSICS

### Margherita Pizza V | 18

Fresh mozzarella, oven-dried tomatoes, basil, olive oil

### Sausage & Pepperoni Pizza | 18

Tomato sauce, mozzarella

### Classic Club | 17

Traditional triple decker on toast, all-natural turkey, Noble Star Ranch bacon, lettuce, tomato

### Traditional Burger | 18

Crispy bacon, cheddar, brioche bun, lettuce, tomato, onion

### Chicken & Local Mushroom Pasta | 26

Rigatoni, peas, sherry cream sauce

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# DAYLONG DINING

11.30 am - 10.30 pm

## FAMILY FAVORITES

### JW Family Dinner | 18 per person

(minimum of 3)

Linguine, mushroom marinara, grated cheese, tossed organic greens, olive oil, Italian vinaigrette, garlic rolls

## KIDS

### Grilled Cheese on Multi-Grain Bread | 12

Served with a cup of tomato soup, cut fruit or small Caesar salad

### Crispy Chicken Fingers | 12

### Penne Pasta | 12

Pomodoro sauce, Parmesan cheese

### Organic Chicken Breast GF | 12

Steamed carrots and green beans

### Cheeseburger | 12

Whole wheat bun

## GREENS

### Caesar Salad | 15

Romaine, kale, Parmesan, focaccia croutons

PROTEIN | VITAMIN A | CALCIUM | POTASSIUM

### Cobb Salad GF | 16

All-natural turkey, bacon, local egg, avocado, blue cheese, tomato, cucumber, Green Goddess dressing

### Greek Salad GF | 16

Heirloom tomato, cucumbers, Kalamata olives, red onion, feta, red-wine vinaigrette

PROTEIN | VITAMIN A | CALCIUM | POTASSIUM

## GREENS

### Add protein to any greens:

Lake Meadows grilled chicken breast | 6

Grilled Gulf shrimp | 7

Sustainably sourced grouper | 9

## MAKE IT YOURS

### Choose One Entree:

Cauliflower Steak VF | 22

FIBER | VITAMIN B12

### Lake Meadows

Roasted Chicken Breast | 28

PROTEIN | VITAMIN A | VITAMIN B1 MAGNESIUM

Beef Tenderloin | 41

CALCIUM | PROTEIN | IRON

Grilled Florida Grouper | 34

CALCIUM | PROTEIN | IRON

Wild Isles Blackened Salmon | 26

### Choose Two Sides:

Yukon Gold mashed potatoes

Farro risotto

Roasted heirloom carrots

Pan-roasted marble potatoes, fresh garden herbs

Grilled asparagus, grilled lemon

Roasted Brussels sprouts

V | VEGETARIAN    VF | VEGAN    GF | GLUTEN FRIENDLY

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ARTFUL DESSERTS

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**Devil's Food Chocolate Cake | 8**

Valrhona dark chocolate fudge, vanilla sauce, fresh strawberry compote

**Cheese Plate V | 19**

Cheddar, brie, gouda, marinated artichokes, our Primo almonds, grilled focaccia, farm honey

**Twice-Baked Cheesecake | 7**

Cheesecake twice baked in caramelized phyllo dough, blueberry compote, Greek yogurt sauce

**Vanilla Creme Brulee | 7**

Madagascar vanilla bean, seasonal French macaron, fresh berries

**Key Lime Tart Parfait | 7**

Local grapefruit, orange, coconut macaroon

## OVERNIGHT

10.30 pm – 6.00 am

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EVENING EATS

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**Lake Meadows Chicken Wings | 15**

Locally sourced, choice of BBQ, hot, medium or mild sauce, celery sticks, blue cheese or ranch

**Grilled Grouper Sandwich | 21**

Locally sourced grouper, lettuce, tomato, onion, lemon aioli

**Quinoa Burger V | 17**

Swiss cheese, lettuce, toasted tomato aioli, whole-grain bun

IRON | MAGNESIUM | CALCIUM | PROTEIN

**Cobb Salad GF | 16**

All-natural turkey, bacon, local egg, avocado, blue cheese, tomato, cucumber, Green Goddess dressing

Add: chicken 6 Gulf shrimp 7 Grouper 9

IRON | CALCIUM

**Caesar Salad | 15**

Romaine, kale, Parmesan, focaccia croutons

Add: chicken 6 Gulf shrimp 7 Grouper 9

MAGNESIUM | IRON | CALCIUM

**French Onion Soup | 9**

Three cheeses, fresh baguette crouton

**Margherita Pizza V | 18**

Fresh mozzarella, oven-dried tomatoes, basil, olive oil

**Sausage & Pepperoni Pizza | 18**

Tomato sauce, mozzarella

**Traditional Burger | 18**

Crispy bacon, cheddar, brioche bun, lettuce, tomato, onion

**Fried-Egg Sandwich | 17**

Crispy bacon, cheddar, brioche bun, hash brown potatoes

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# BEVERAGES

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## REFRESHING CHOICES

**Fresh Florida Orange Juice | 6**

**Assorted Juices | 5**

**Assorted Soft Drinks | 4.5**

**Fidalgo Bay Organic Coffee | 8.5**

Pot of organic coffee,  
regular or decaffeinated

**Evian**

Still Water

**330 ml | 6 750 ml | 11**

**Badoit**

Sparkling Water

**330 ml | 6 750 ml | 11**

**Specialty Herbal Teas | 8.5**

**Milks | 4**

2%, skim, soy milk, almond milk

CALCIUM | VITAMINS B2-B12  
PHOSPHORUS | POTASSIUM

**Iced Tea | 5**

Sweetened or unsweetened

**Artisan Hot Chocolate | 8.5**

Made with whole milk and chocolate,  
served with marshmallows

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## BEER

**Import & Specialty Beer | 8**

Amstel Light

Corona Extra

Guinness

Heineken

New Belgium Fat Tire

Orlando Brewing Blackwater Dry Porter

Orlando Brewing Pale Ale

Orlando Brewing Red Ale

Samuel Adams Boston Lager

Sierra Nevada Pale Ale

Stella Artois

Surplus Citrus Ale

**Domestic Beers | 7.5**

Bud Light

Budweiser

Coors Light

Michelob Ultra

Miller Lite

O'Doul's (non-alcoholic)

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## SPARKLING WINES

**Mumm Cuvée**

Napa Valley, California

**Glass | 13 Bottle | 46**

**Moët Chandon "Imperial"**

France

**Glass | 24 Bottle | 94**

**Dom Pérignon**

France

**Bottle | 300**

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WHITE WINE

**Columbia Crest Grand Estates Chardonnay**

Washington

Glass | 13 Bottle | 50

**Merryvale Vineyards Starmont Chardonnay**

Napa Valley, California

Glass | 17 Bottle | 66

**ZD Chardonnay**

Napa Valley, California

Bottle | 78

**Kris Pinot Grigio**

Italy

Glass | 13 Bottle | 50

**Pighin Pinot Grigio**

Italy

Glass | 16 Bottle | 62

**Ferrari-Carano Fume Blanc**

California

Glass | 15 Bottle | 58

**Villa Maria Cellar Selection Sauvignon**

New Zealand

Glass | 16 Bottle | 62

**Patient Cottat Sancerre**

France

Bottle | 70

**Beringer White Zinfandel**

California

Glass | 13 Bottle | 50

**Snoqualmie ECO Riesling**

Washington

Glass | 13 Bottle | 50

**Terra d'Oro Moscato**

California

Glass | 13 Bottle | 50

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RED WINE

**Mark West Pinot Noir**

California

Glass | 13 Bottle | 50

**Meiomi Pinot Noir**

California

Glass | 16 Bottle | 62

**Columbia Crest Grand Estates Merlot**

Washington

Glass | 13 Bottle | 50

**Whitehall Lane Merlot**

Napa Valley, California

Glass | 15 Bottle | 58

**Silverado Merlot**

Napa Valley, California

Bottle | 98

**Estancia Cabernet Sauvignon**

California

Glass | 15 Bottle | 58

**Louis-Martini Cabernet Sauvignon**

Napa Valley, California

Glass | 24 Bottle | 94

**ZD Cabernet Sauvignon**

California

Bottle | 110

**Bodegas Catena Zapata Malbec**

Argentina

Glass | 17 Bottle | 66

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