





# THOUGHTFULLY CRAFTED

At JW Marriott,<sup>®</sup> 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.*

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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 | ARTICHOKE | 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 | ARTICHOKE  
BROCCOLI | BRUSSELS SPROUTS  
AVOCADOS | OATS & WHOLE GRAINS

**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

**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

## 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.

### RECOMMENDED BY NORA



We've partnered with Nora Tobin, nutrition specialist, fitness expert and wellness guru, to bring you a smoothie and juice menu thoughtfully crafted by Nora to nourish your overall well-being.

### SATISFYING SMOOTHIES

#### Tropical Oasis VF, GF | 12

Pineapple, banana, orange, mango

OMEGA-3 | VITAMIN C | IRON

#### Berry Booster VF, GF | 12

Blueberries, raspberries, strawberries, lemon

VITAMIN A | IRON | POTASSIUM

#### Peachy Green V, GF | 12

Spinach, kale, peach, honey

VITAMIN B-6 | POTASSIUM | VITAMIN C

### REVITALIZING JUICES

#### Big Red Juice VF, GF | 9

Beets, grapes, strawberries, apples

VITAMIN A | VITAMIN B | FIBER

#### Green Machine VF, GF | 9

Spinach, cucumber, celery, lemon, ginger, apple

VITAMIN A | POTASSIUM | VITAMIN C

#### Supreme Orange VF, GF | 9

Carrots, orange, ginger, turmeric

VITAMIN C | FIBER | MAGNESIUM

V | VEGETARIAN   VF | VEGAN   GF | GLUTEN-FRIENDLY

JW MARRIOTT DESERT RIDGE RESORT & SPA

5350 East Marriott Drive | Phoenix, AZ 85054 | 480.293.3774 | jwdesertridge.com

## BREAKFAST

6.00 am - 11.00 am | Included are juice and choice of Starbucks® coffee, tea, soft beverage.

### A BALANCED START

#### Steel-Cut Oatmeal V, GF | 13

Brown sugar, dried blueberries, choice of milk

#### Acai Greek Yogurt Parfait V | 11

Acai Greek yogurt, housemade granola, fresh berries, dehydrated honey

#### Sliced Fresh Fruit V, GF | 10

Seasonal fruits, mint yogurt, fruit pearls

#### Egg White Omelet V, GF | 18

Peppadew peppers, red onions, spinach, goat cheese

#### Bagel and Hot Smoked Salmon | 18

Capers, red onion, cucumber, tomato, cream cheese, bagel

#### Continental Breakfast V | 14

Fresh fruit, yogurt, choice of pastry, danish, Noble Bread toast or bagel

### CLASSICS

#### French Toast V | 16

Seasonal fruit compote

#### Prickly Pear Pancakes V | 16

Buttermilk pancakes available upon request

#### All-American | 17

Two cage-free eggs any style, country potatoes, smoked bacon, grilled ham or sausage, Noble Bread toast

#### Eggs Benedict | 19

English muffin, shaved ham, sautéed spinach, poached eggs, hollandaise

#### Breakfast Burrito | 17

Sausage, potatoes, eggs, peppers, onions, chorizo, cheddar, salsa roja

PLEASE DIAL IN-ROOM DINING 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.

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# BREAKFAST

6.00 am – 11.00 am | Included are juice and choice of Starbucks® coffee, tea, soft beverage.

## 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. **GF | 18**

### Meat & Fish

Smoked bacon, applewood smoked ham, chicken sausage, pork sausage, hot smoked salmon

### Cheese & Dairy

Arizona cheddar, goat cheese, Monterey jack, mozzarella, pepper jack V, GF

### Vegetables

Roasted cultivated mushroom, chopped tomato, spinach, bell pepper, red onion, asparagus VF, GF

## CHEF'S CHOICE

### Green Chili Pork and Baked Eggs GF | 18

Country potato, pico de gallo

## SINGLE SERVINGS

### Cage-Free Egg GF | 5

Any style

### Side Protein GF | 7

Pork sausage, smoked bacon, applewood smoked ham

### Breakfast Bread V | 5

Bagel, English muffin or pastry

### Yogurt V, GF | 5

Individual yogurt

### Side of Fruit VF, GF | 6

### Breakfast Potatoes V, GF | 5

### Noble Bread Toast | 4

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# DAYLONG DINING

11.00 am – 11.00 pm

## LOCALLY INSPIRED

### Baked Mac & Cheese | 16

Squash, pearl onions, cavatappi pasta, cheese sauce

### Chicken Enchiladas GF | 18

Pulled chicken, Cotija cheese, red sauce, green onions, sour cream

### Mole Beef GF | 18

Cilantro-lime rice, queso fresco

### Chicken Tortilla Soup GF

**cup | 5    bowl | 8**

Tortilla strips, lime

### Soup of the Day

**cup | 5    bowl | 8**

### Torta Milanese | 15

Fried chicken, salsa roja, asadero cheese, lettuce, tomato, pickled onions

### Chipotle-Dusted Salmon GF | 29

Mashed sweet potato, haricots vert, honey-cumin butter

### Prime Flat Iron Steak GF | 31

Roasted potato, squash, onion, peppers, chimichurri butter

## SHAREABLE SNACKS

### Crispy Brussels Sprouts V, GF | 12

Garlic confit, white balsamic glaze, Cotija

### Vegetable Wraps VF | 14

Quinoa, peppers, chickpeas, onions, mushrooms, kale

### Native Fry Bread | 14

Beef chili, cheddar, onions, cilantro

### Chicken Wings GF | 18

Buffalo or BBQ, carrot, celery, blue cheese

### Warm Pretzels V | 12

Cheese dip, grain mustard

### Hummus V | 13

Roasted vegetables, naan bread

### Chips & Salsa VF, GF | 14

Local tortilla chips, housemade salsa and guacamole

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# DAYLONG DINING

11:00 am – 11:00 pm

## CLASSICS

### Bacon Cheeseburger | 19

Cheddar, smoked bacon, lettuce, tomato, onion, sesame challah bun

### 10" Personal Pizza | 15

Choose two toppings: pepperoni, sausage, ham, pineapple, red onions, bell peppers, olives, mushrooms

### Tuna Melt | 16

Tuna salad, cheddar, tomato, griddled sourdough

### Croque Monsieur | 18

Gruyère cheese, shaved apple ham, ciabatta

### Classic Turkey Club Sandwich | 17

Shaved turkey, smoked applewood bacon, iceberg lettuce, tomato, toasted farm bread

### Cobb Salad GF | 14

Romaine, egg, avocado, chicken, tomato, smoked bacon, blue cheese

## GREENS

### Caesar Salad | 12

Romaine, parmesan, crouton, Caesar dressing

### Personalized Salad | 14

Choice of lettuce, toppings, dressing and option to add protein

#### Lettuce

Romaine, Kale, Spinach, Mixed Greens

#### Toppings

Cherry Tomatoes, Cucumbers, Carrots, Red Onions, Chickpeas, Bacon, Feta Cheese, Parmesan Cheese, Candied Pecans, Sunflower Seeds

#### Dressings

Ranch V, GF, Blue Cheese V, GF, Balsamic VF, GF, Citrus VF, GF

#### Add Protein GF

### Grilled Herb-Marinated Shrimp | 9

### 5 oz Prime Flat Iron Steak | 18

### Grilled Herb-Marinated Chicken | 6

### Grilled Salmon | 12

### Tofu | 6

# DAYLONG DINING

11:00 am – 11:00 pm

## KIDS

### Cheeseburger | 12

Choice of fries or fruit

### Grilled Cheese V | 12

Choice of fries or fruit

### Chicken Tenders | 12

Choice of fries or fruit

### Pasta | 12

Choice of buttered noodles, marinara, bolognese or mac & cheese

## DESSERTS

### Cheesecake | 10

Layered classic cheesecake, Medjool date and five-spice carrot cake, Arizona citrus caramel

### Chocolate GF | 10

Chocolate almond cake, raspberry gelée, chocolate mousse, raspberry coulis

### Vanilla | 10

Tahitian vanilla bean custard, cookie butter cookies, seasonal berries

### Cactus Pear | 10

Prickly pear gelée, kiwi mousse, prickly pear crème, almond financier

### Coffee | 10

Espresso-soaked ladyfingers, mascarpone mousse, cinnamon crème

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# OVERNIGHT

11.00 am – 6.00 am

## — EVENING EATS —

### **10" Personal Pizza | 15**

Choose your toppings: pepperoni, sausage, ham, pineapple, red onion, bell pepper, olive, mushrooms

### **Classic Turkey Club Sandwich | 17**

Shaved turkey, smoked applewood bacon, iceberg lettuce, tomato, toasted farm bread

### **Caesar Salad | 12**

Romaine, parmesan, crouton, Caesar dressing

### **Acai Greek Yogurt Parfait V | 11**

Acai Greek yogurt, housemade granola, fresh berries, dehydrated honey

### **Breakfast Burrito | 17**

Potatoes, eggs, peppers, onions, chorizo, cheddar, salsa roja

### **Croque Monsieur | 19**

Gruyère cheese, shaved apple ham, ciabatta

### **Hummus V | 13**

Roasted vegetables, naan bread

### **Chips & Salsa VF, GF | 14**

Local tortilla chips, housemade salsa and guacamole

# BEVERAGES

## — REFRESHING CHOICES —

### **illy® Specialty Coffee | 7**

Cappuccino, espresso, latte

### **Starbucks Coffee Pot | 12**

### **Soft Drinks | 5**

Pepsi, Diet Pepsi, Sierra Mist, Schweppes Club Soda, Schweppes Tonic, Schweppes Ginger Ale

### **San Pellegrino Sparkling Water | 6**

### **Evian Still Water | 6**

## — BEER —

### **Import / Specialty Bottled Beers | 8**

Sierra Nevada Pale Ale

Corona Extra

Stella Artois

Amstel Light

Modelo Especial

### **Domestic Bottled Beers | 7**

Bud Light

Coors Light

Miller Lite

O'Doul's (non-alcoholic)

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# BEVERAGES

## SIGNATURE COCKTAILS

### Copper City Old Fashioned | 15

Copper City bourbon, orange, bitters, Luxardo cherry

### Twenty6 Margarita | 26

Corazon Añejo tequila aged in Buffalo Trace Barrels, Grand Marnier, fresh lime juice, agave nectar, prickly pear purée

### Prickly Pear Margarita | 13

Tequila, prickly pear purée, fresh citrus, agave nectar

## CHAMPAGNE / SPARKLING WINE

### Chloe Prosecco

Veneto, Italy

Glass | 11 Bottle | 48

### Schramsberg Mirabelle Brut Sparkling

Napa Valley, California

Glass | 15 Bottle | 60

### Gruet Brut

New Mexico

Glass | 13 Bottle | 52

### Möet & Chandon Imperial Brut

France

Bottle | 168

### Veuve Clicquot Yellow Label

France

Bottle | 147

## WHITE WINE

### Kris Pinot Grigio

Italy

Glass | 13 Bottle | 52

### Villa Maria Cellar Selection Sauvignon Blanc

New Zealand

Glass | 13 Bottle | 52

### Matanzas Creek Sauvignon Blanc

Sonoma County

Glass | 14 Bottle | 54

### Columbia Crest Chardonnay

Columbia Valley

Glass | 13 Bottle | 52

### Jordan Chardonnay

Russian River Valley

Glass | 18 Bottle | 72

### Snoqualmie Eco Riesling

Columbia Valley

Glass | 13 Bottle | 48

## RED WINE

### Hangtime Pinot Noir

California

Glass | 13 Bottle | 52

### Eola Hills Wine Cellars La Creole Pinot Noir

Oregon

Glass | 14 Bottle | 54

### Merry Edwards Pinot Noir

Sonoma

Bottle | 112

### Whitehall Lane Merlot

Napa Valley

Glass | 18 Bottle | 64

### Duckhorn Merlot

Napa Valley

Bottle | 128

### Justin Cabernet Sauvignon

Paso Robles

Glass | 16 Bottle | 64

### The Prisoner “Cuttings” Cabernet Sauvignon

Napa Valley

Bottle | 168

Looking for a special bottle of wine?

Inquire about the resort's rotating reserve list

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