TASTEFULLY NOURISHED

JW MARRIOTT CHICAGO
151 West Adams Street
Chicago, Illinois 60603

SAVOR 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 | ARTICHOKES | 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 | 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
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.

<table>
<thead>
<tr>
<th>SATISFYING SMOOTHIES</th>
<th>REVITALIZING JUICES</th>
</tr>
</thead>
<tbody>
<tr>
<td>**Energy Elixir No. 2 VF, GF</td>
<td>10**&lt;br&gt;Pineapple, celery, cucumber, spinach, lime, avocado, apple, coconut water</td>
</tr>
<tr>
<td>**Nourish Potion No. 2 V, GF</td>
<td>10**&lt;br&gt;Apple, berries, banana, yogurt, coconut water, chia seeds</td>
</tr>
<tr>
<td>**Recharge Remedy No. 3 V, GF</td>
<td>10**&lt;br&gt;Pineapple, Granny Smith apple, banana, Greek yogurt, almond milk</td>
</tr>
</tbody>
</table>

V | VEGETARIAN   VF | VEGAN   GF | GLUTEN FRIENDLY
BREAFKAST
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

Milk & Cereal | 7
Choice of: granola, Cheerios, Froot Loops, Honey Nut Cheerios, Raisin Bran, Corn Flakes, Rice Krispies
Choice of milk: Whole, 2%, skim or chocolate

WELL BEING

Egg White Frittata V, GF | 19
Baby spinach, roasted sweet potatoes, caramelized onions, mushrooms, goat cheese, fresh herbs
PROTEIN | MAGNESIUM | VITAMIN K

SIGNATURES

Orange French Toast | 18
Mixed berry-champagne syrup, housemade whipped cream

Maine Lobster and Boursin Omelet | 30
Roesti potato, tomato, chive

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 muffin 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 muffin or whole-grain toast
Choice of chilled juice: Orange, grapefruit, apple, tomato, cranberry or V8
Choice of: illy® coffee, tea or hot chocolate

Lemon Poppy seed Waffle | 20
Strawberry, banana and citrus compote
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, Canadian bacon, baby spinach, hollandaise sauce, housemade breakfast potatoes, roasted tomato

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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. Choice of three ingredients  

Additional items  

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 Gruyère  
Carr Valley applewood smoked cheddar  
Wisconsin feta cheese  
Local goat cheese  
Sriracha Gouda

Vegetables  
Roasted mushrooms  
Heirloom tomatoes  
Baby spinach  
Red onions  
Carnival sweet peppers

JW CHICAGO CHILAQUILES  
Crisp corn tortillas, roasted tomatillos, cilantro, organic eggs, queso fresco

SINGLE SERVINGS

Cold Atlantic Smoked Salmon  
Hard-boiled eggs, cucumbers, capers, red onions, tomatoes, cream cheese  
Choice of bagel: plain, wheat or everything

Breakfast Potatoes V, GF  
Shredded russet potatoes, thyme & rosemary

Breakfast Meats GF  
Nueske’s smoked bacon, local pork sausage, chicken-apple sausage

CLASSIC LOCAL & MIDWESTERN KIDS’

Whole-Grain Pancakes V  
Pure grade-A maple syrup, fresh fruit, berries

JW Breakfast Sandwich  
Toasted whole-wheat English muffin, scrambled egg, local pork sausage, organic Wisconsin cheddar cheese, housemade breakfast potatoes

JW Classic Kid’s Breakfast GF  
One scrambled egg, Nueske’s smoked bacon, choice of toast

Whole-grain Waffle V  
Pure grade-A maple syrup, fresh fruit, berries

BREAKFAST
Available all day

V | VEGETARIAN  
VF | VEGAN  
GF | GLUTEN FRIENDLY
**DAYLONG DINING**

11:00 am – 11:00 pm

<table>
<thead>
<tr>
<th>LOCALLY INSPIRED</th>
<th>WESTERN CLASSICS</th>
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<tbody>
<tr>
<td>French Onion Soup</td>
<td>All sandwiches accompanied by guest choice of two sides: French fries, sweet potato fries, garden salad, seasonal fruit cup</td>
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<tr>
<td>Artisan baguette crouton, Wisconsin Gruyère cheese</td>
<td>Organic Roasted Turkey Sandwich</td>
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<tr>
<td></td>
<td>Cucumbers, avocado, dill cream, local artisan sourdough</td>
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<td>PROTEIN</td>
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<tr>
<td>Potato Leek Soup</td>
<td>Burnham Burger</td>
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<tr>
<td>Truffle, sweet peas</td>
<td>Roasted tomato jam, Nueske’s smoked bacon, Carr Valley applewood smoked cheddar</td>
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<td></td>
<td>JW Cuban Panini</td>
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<tr>
<td></td>
<td>Nueske’s ham, prosciutto, cheddar cheese, pickles, stone-ground mustard</td>
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<td>ASIAN INFLUENCES</td>
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<tr>
<td>Chicago Italian Beef “Combo” Sandwich</td>
<td>Orange Chicken</td>
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<tr>
<td>Thinly sliced house-roasted Italian beef, Italian sausage, giardiniera, crisp French fries</td>
<td>20</td>
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<tr>
<td></td>
<td>Jasmine rice, carrot and broccoli slaw, toasted sesame</td>
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<td></td>
<td>Citrus &amp; Soy-Glazed Salmon</td>
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<td>Forbidden rice pilaf, baby bok choy, spiced cashews</td>
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<tr>
<td>Spring Vegetable Pasta</td>
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<tr>
<td>Pappardelle, asparagus, tomato, summer squash, peas, pistachio-mint pesto, Manchego</td>
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<tr>
<td>Seeded Avocado Toast</td>
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<td>VF</td>
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<tr>
<td>Artisan multi-grain bread, arugula, pickled onion, radish, sesame seeds, sunflower seeds</td>
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<tr>
<td>OMEGA-3</td>
<td>MAGNESIUM</td>
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<tr>
<td>Roasted Garlic</td>
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<tr>
<td>White Bean Hummus</td>
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<tr>
<td>GF, VF</td>
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<tr>
<td>Seasonal vegetables, crispy pita chips</td>
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<tr>
<td>PROTEIN</td>
<td>PHOSPHORUS</td>
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<tr>
<td>Maine Lobster Rolls</td>
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<tr>
<td>Wild Maine lobster, truffle vinaigrette, pickled fennel, brioche roll, Old Bay chips</td>
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<tr>
<td>Local Meats &amp; Cheeses</td>
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<tr>
<td>La Quercia cured meats, Midwest cheeses, seasonal jam, almonds, grilled ciabatta</td>
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<tr>
<td>La Quercia, based in Iowa, is renowned for crafting high-quality American artisan dry-cured meats from humanely raised heritage breed meat</td>
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KIDS’

Grilled Chicken Sandwich | 12
Toasted whole-wheat bun, lettuce, tomato, side of steamed broccolini

Lemon-Roasted Wild Salmon GF | 12
Salmon, steamed broccolini
VITAMIN C | OMEGA-3 | IRON

JW Personal Pizza | 12
Whole-wheat crust
Add: pepperoni, mushrooms, sausage

Mac & Cheese | 12
Elbow macaroni, creamy cheddar sauce

GREENS

JW House Salad VF, GF | 13
Mixed greens, fresh herbs, tomato, cucumber, pickled onion, champagne vinaigrette

Chicago-Style Chop Salad GF | 17
Pancetta, sweet corn, heirloom tomato, organic egg, smoked Moody Blue cheese, avocado, ranch dressing

Hearts of Romaine Caesar Salad | 15
Shaved parmesan cheese, grape tomatoes, olive oil croutons
FIBER | VITAMIN B12

Mediterranean Salad V | 16
Heirloom tomatoes, onion, arugula, cucumber, olives, pita croutons, feta cheese

Add protein to any greens:
Grilled Chicken Breast | 8
Seared Ahi Tuna | 13
Grilled Salmon, Sustainably Sourced | 13
Creekstone Farms Bistro Filet | 13

DAYLONG DINING
11:00 am – 11:00 pm
Choose One Entree:
Sustainably Sourced Salmon GF | 31
Pistachio-mint pesto
VITAMIN C | OMEGA-3 | IRON

Creekstone Farms Bistro Filet GF | 30
Roasted garlic-rosemary butter
VITAMIN C | OMEGA-3 | IRON

Pine Manor Farms All-Natural Chicken | 22
Roasted breast and boneless thigh, lemon and parsley

Roasted Cauliflower Steak VF, GF | 20
Spicy bean purée, grilled lemon, cilantro

Choose Two Sides:
Celery root purée, truffle GF, VF
Sautéed pea shoots, pancetta GF
Truffle parmesan fries GF, V
Roasted baby bok choy, toasted sesame, and spiced cashews VF
Steamed jasmine rice GF, VF
Squash ribbons, cured tomato GF, VF

ARTFUL DESSERTS

Lemon-Blueberry Cheesecake | 11
Lemon-blueberry swirl, graham crust, fresh basil cream

Raspberry Rosé Macaron | 12
Raspberry diplomat, almond macaron, rosé gelée, crystalized rose

Almond Tart | 11
Caramelized almond, burnt orange-mascarpone cream, candied peel

24 Karat Bar | 11
Caramel mousse, dark chocolate fudge, hazelnut crisp, dulce de leche

Angelo’s Gelato GF V | 8
Chocolate, vanilla, strawberry


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EVENING EATS

Egg White Frittata V, GF | 19
Baby spinach, roasted sweet potatoes, caramelized onions, mushrooms, goat cheese, fresh herbs
PROTEIN | MAGNESIUM | VITAMIN K

Roasted Garlic White Bean Hummus GF, VF | 15
Seasonal vegetables, crispy pita chips
PROTEIN | PHOSPHORUS | FIBER

French Onion Soup | 13
Artisan baguette crouton, Wisconsin Gruyère cheese

Hearts of Romaine Caesar Salad | 15
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 | 19
Cucumbers, avocado, dill cream, local artisan sourdough
PROTEIN | MAGNESIUM | POTASSIUM

Burnham Burger | 23
Roasted tomato aioli, Nueske’s smoked bacon, Carr Valley applewood smoked cheddar

JW Cuban Panini | 19
Nueske’s ham, prosciutto, cheddar cheese, pickles, stone-ground mustard

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

Chicago Thin-Crust Pizza | 20
Whole-wheat crust
Add: pepperoni, mushrooms, sausage

Lemon-Blueberry Cheesecake | 11
Lemon-blueberry swirl, graham crust, fresh basil cream
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
Sierra Mist
Schweppes Club Soda
Schweppes Tonic
Schweppes Ginger Ale

Perrier Sparkling
330 mL | 6  750 mL | 9

Evian
330 mL | 6  750 mL | 9

Voss Sparkling or Still
375 mL | 8  800 mL | 11

--- REFRESHING CHOICES ---

Cappuccino, Latte, Hot Chocolate | 6

French Press Coffee
Small | 11  Large | 16

Assorted Hot Tea | 7

Naked Juice | 6

--- BEER ---

Domestic | 7
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 | 8
Blue Moon Belgian White, Golden, CO
Sierra Nevada Pale Ale, Chico, CA
Samuel Adams Boston Lager, Boston, MA
Goose Island 312, Chicago, IL
Goose Island Matilda, Chicago, IL
Lagunitas IPA, Chicago, IL

Imported | 8
Amstel Light, Netherlands
Heineken Premium, Netherlands
Stella Artois Lager, Belgium
Corona Extra, Mexico
Corona Light, Mexico
Guinness Draught, Ireland

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Baron Gassier Rosé “Esprit”
Côtes de Provence
France
Glass | 15 Bottle | 58

Snoqualmie ECO Riesling
Columbia Valley, Washington
Glass | 11 Bottle | 42

Kris Pinot Grigio
Delle Venezie, Italy
Glass | 13 Bottle | 50

Villa Maria “Cellar Selection” Sauvignon Blanc
Marlborough, New Zealand
Glass | 16 Bottle | 62

Concannon Selected Vineyards Chardonnay
Central Coast, California
Glass | 11 Bottle | 42

Merryvale Vineyards “Starmont” Chardonnay
Napa Valley, California
Glass | 15 Bottle | 58

Sonoma-Cutrer Chardonnay
Russian River Valley, California
Glass | 17 Bottle | 66

Jordan Chardonnay
Russian River Valley, California
Glass | 26 Bottle | 102

Etude “Lyric” Pinot Noir
Napa Valley, California
Glass | 13 Bottle | 50

Meiomi Pinot Noir
Sonoma Coast, California
Glass | 17 Bottle | 66

Whitehall Lane Merlot
Napa Valley, California
Glass | 20 Bottle | 78

Concannon Selected Vineyards Cabernet Sauvignon
Central Coast, California
Glass | 11 Bottle | 42

The 75 Wine Company Cabernet Sauvignon
Northern California
Glass | 14 Bottle | 54

Conn Creek Cabernet Sauvignon
Napa Valley, California
Glass | 21 Bottle | 82

Justin Cabernet Sauvignon
Paso Robles, California
Glass | 20 Bottle | 78

Bodega Catena “Catena Zapata” Malbec
Mendoza, Argentina
Glass | 14 Bottle | 54

Ridge Vineyards “Three Valleys” Blend
Sonoma, California
Glass | 22 Bottle | 86
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**BUBBLES/CHAMPAGNE**

Chandon Sparkling Rosé  
Napa Valley, California  
Glass | 16 | Bottle | 62

Schramsberg “Mirabelle” Brut  
North Coast, California  
Glass | 18 | Bottle | 70

Gruet Brut  
New Mexico  
Glass | 16 | Bottle | 62

Moët & Chandon  
Imperial Brut | 159
Champagne, France

Veuve Clicquot  
Yellow Label Brut | 159
Champagne, France

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**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  
The Glenlivet 12-year | 275  
The Glenfiddich 12-year | 265  
The Macallan 12-year | 295  
Johnny Walker Black | 245

Cognac  
Courvoisier VSOP | 290  
Hennessy VSOP | 390

Cordials  
Kahlúa | 170  
Baileys Irish Cream | 135  
Romana Sambuca | 197