



INTERLUDE

RESTAURANT

STARTERS

Tomato Bisque <i>gf</i>	6
Crab Bisque	12
Fried Calamari with Sweet Chili Sauce	10
Wings <i>gf</i>	12
Ten Wings with Choice of Traditional Buffalo or Chipotle BBQ Served with Celery Sticks	
Potato Skins <i>gf</i>	9
With Cheddar Cheese, Bacon Bits, Green Onions, and Sour Cream	
Nachos	12
With Mexican Ground Beef, Refried Beans, Cheddar Cheese, Shredded Lettuce, Diced Tomatoes, and Guacamole	
Fried Mozzarella Sticks	10
Quesadilla	10
With Grilled Chicken, Cheddar Cheese, Flour Tortilla, Salsa, Guacamole, and Sour Cream	
Salmon Tacos	12
Tacos with Shredded Green Apple, Cucumber, Radish, and Yogurt Cream Topped with Queso Fresco Crumbles	

HANDHELDS

Served with Choice of Fries, Chips, or Fresh Fruit

Turkey BLT	10
Turkey, Smoked Bacon, Beefsteak Tomato, Lettuce, Lemon Aioli, Whole Wheat Toast	
Mediterranean Tuna Pita	12
Pan Seared Tuna, Feta Cheese, Oven Dried Tomatoes, Capers, Kalamata Olives, Basil, Romaine, and Lemon Juice	
Chicken Sandwich	12
Fried Chicken Breast with Provolone Cheese, Pickles, and a Spicy Bang Bang Sauce	
Cuban Sandwich	12
Ham, Pulled Pork, Swiss Cheese, Dill Pickle, Mayo, Mustard, and Grill Pressed Until Crispy	
Pulled Pork	12
Pulled Pork BBQ Sandwich with Fresh Slaw	
Double 4oz Burger Stack	12
Also Available in Turkey or Beyond Burger Topped with Lettuce, Tomato, and Onion - Additional Toppings 25 cents each	
Grilled Reuben	14
Black Pepper Pastrami, Swiss Cheese, Sauerkraut, and Thousand Island Dressing on Marble Rye Bread	

Consuming raw or undercooked meat, eggs, poultry, or seafood increases your risk of contracting a food borne illness.

Before placing your order, please inform us if anyone in your party has a food allergy. While we will attempt to accommodate your needs, there is still a risk of cross-contact during preparation of food. Each guest must decide whether a certain menu item will meet their dietary needs.

The Westin Virginia Beach Town Center | 4535 Commerce Street | Virginia Beach, VA 23462 | 757.557.0550

WESTIN EAT WELL MENU

Our Westin Eat Well Menu offers a selection of nutritious dishes, handcrafted by our Chef with guests' well-being in mind. From flexible portion sizes to mindfully selected ingredients, this special menu offers a variety of healthier choices to help you eat well, for you.

All Eat Well Items Available in Half / Whole Portions

Honey Garlic Salmon *gf* 14 / 18

Seared Salmon, Garlic, Honey, Soy Sauce, Red Pepper Flakes, and Lemon Juice Served Over Brown Rice Pilaf

Mushroom Ravioli 9 / 12

Mushroom Ravioli, Cherry Tomatoes, Sautéed Fennel, Pearl Onions, Shaved Parmesan

Tomato & Burrata 9 / 12

Burrata Cheese, Tomatoes, Watermelon, Radish, Beets, Mint, and Pesto with Balsamic Glaze

Cauliflower Rice Kimchi 7 / 10

Cauliflower, Kimchi, Kale, Cilantro, and Tamari Sauce Tossed Together with a Sunny-Side up Organic Egg

Arugula & Quinoa Salad *gf* 7 / 10

Arugula, Quinoa, Corn, Radish, Carrots, Tomatoes, Pistachio, and Goat Cheese with a Side of Citrus Vinaigrette

Smoky Leek Garlic Mussels *gf* 12 / 16

Mussels Tossed with White Wine, Chopped Parsley, Cherry Tomatoes, and Shallots with a Smoky Garlic Leek Sauce

ADDITIONS

House Made Chips *gf* 4

Chef's Vegetable of the Day *gf* 4

Cucumber Tomato Onion Salad *gf* 4

Soft Drinks 3

Sweet or Unsweetened Iced Tea 3

Starbucks Coffee 3

ENTREES

Asian Tuna Noodle Salad 14

Pan Seared Tuna with Linguini, Shredded Bok Choy, Carrot, Celery, Peas, Red Pepper, and Green Onion Tossed with a Sesame Ginger Dressing

Chicken Cobb Salad *gf* 14

Mixed Greens, Avocado, Bacon, Red Onions, Cheddar Cheese, Sundried Tomatoes, and Hardboiled Egg

Fish and Chips 15

Fried Haddock, Seasoned French Fries, Cole Slaw, and Tartar Sauce

Chicken Picatta 15

Egg Battered, Pounded Chicken Breast over Linguini with a Lemon, White Wine, Garlic, and Capers Sauce

Tuna Tataki- Local Favorite *gf* 12

Seared Tuna Served with Seaweed Salad, Edamame Aioli, and Sesame Ginger Sauce

DESSERTS

Apple Tart 9

Served with a Scoop of Vanilla Bean Ice Cream

Key Lime Pie 9

Bowl of Fresh Berries *gf* 9

Fruit Cup *gf* 4

Chocolate Lava Cake 9

Warm Brownie with a Molten Chocolate Center Served with a Scoop of Vanilla Bean Ice Cream

Strawberry Short Cake 9

DRINKS

Café Latte 3.55

Cappuccino 3.55

Tazo® Tea – Regular or Decaf 3

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