Eat Well





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Hotel Venues

Snowmass Kitchen (SMK)

Snowmass Kitchen sets the table for an unforgettable slope-side dining experience. Sophisticated cuisine with mass appeal that changes with the seasons, and always presents an electric blend of cultures, flavors and high quality ingredients that are locally produced, in-season and healthful.

LOCATION

Lower Level

Starbucks

LOCATION

Mall Level

Vue

Vue, the Westin Lobby Lounge, is the ideal slopeside locale for a quick lunch, après ski and casual evening dining. Vue features an exceptional array of handcrafted cocktails, local microbrews, new world wines, sharable gourmet appetizers and imaginative entrees. Enjoy the sweeping views of Snowmass Mountain and the Roaring Fork Valley.

LOCATION

Lobby Level

Energize with SuperFoodsRxTM dishes made with ingredients packed with nutrients to power your day. Super Goods Rx

APPLES

Bursting with antioxidants, including polyphenols, flavonoids and vitamin C

AVOCADO

High in fiber, folate, potassium, vitamin E and magnesium

REANS

Low-fat source of protein, fiber, B vitamins, iron, folate and magnesium

BLUEBERRIES

Packed with exceptionally high levels of antioxidant phytonutrients

BROCCOLI

Generous amounts of fiber, vitamins B6, C and E and a healthy portion of vitamin K

CINNAMON

One of the oldest known spices, long used in traditional medicine

DARK CHOCOLATE

Provides antioxidant flavonols

DRIED SUPER FRUITS

Concentrated source of health-promoting nutrients

EXTRA-VIRGIN OLIVE OIL

Great source of vitamin F

Nutrient rich, including vitamins B6 and C, phosphorous, zinc and selenium

Antioxidant activity stems from peptides, organic acids and enzymes

Offers vitamin C, folate, potassium and fiber and is a low-calorie source of vitamin E

LOW-FAT YOGURT

Includes live, active cultures; protein; calcium and B vitamins

OATS

Low in calories, high in fiber, protein, magnesium, potassium, zinc and copper

ONIONS

Rich dietary source of flavonoids and phytonutrients

A potent source of vitamin C and rich in flavonoids

POMEGRANATES

Abundant in potassium, vitamin C, polyphenols and vitamin B6

PUMPKIN

Low in calories and extremely high in fiber, vitamins C and E and carotenoids

SOV

Great source of vitamins, minerals, plant protein and soluble fiber

SPINACH

Contains iron, antioxidants, vitamin K, coenzyme Q10 and omega-3 fatty acids

TFΔ

Brimming with antioxidants and important vitamins and minerals

TOMATOES

Supply fiber and are a rich source of the antioxidant lycopene

TURKEY

One of the leanest meat protein sources, also contains vitamins B6 and B12 and zinc

WAI NUTS

Provide fiber, protein, B vitamins, magnesium and antioxidant vitamin E

WILD SALMON

High in protein, and one of the richest sources of omega-3 fatty acids

Breakfast

Available from 7:00AM to 11:00AM** Dial Service Express®

Entrées

ALASKAN SALMON LOX & BAGEL 17.00

Cream cheese, red onion, tomato, capers specific

FARM FRESH EGG WHITE ALL-NATURAL

TURKEY OMELET 16.00

Spinach, tomato, avocado

AMERICAN BREAKFAST 16.00

Two eggs any style with choice of sausage, bacon, ham, turkey sausage, served with home-style potatoes and toast

THREE EGG OMELET OR ALL-NATURAL **EGG WHITE OMELET** 16.00

Served with home-style potatoes and toast

Choice of three:

Cheddar Provolone Swiss Bacon **Bell Peppers** Sausage Link Green Chile Tomatoes Super Company Ham Spinach super Re Avocado Super Red Onion Super

Mushrooms

WHOLE GRAIN BLUEBERRY

LEMON PANCAKES 15.00

Sage crème fraiche, warm maple syrup www.

BUTTERMILK PANCAKES 14.00

Sliced banana, pecans, warm maple syrup

Breads + Pastries

Served with butter and fruit preserves

FOUR ASSORTED PASTRIES BASKET 9.00

Wheatberry, Sourdough, Rye, English Muffins, Plain Bagels

Side Orders

Bacon, Ham, Turkey Sausage or Sausage Link 6.00

Home-style Potatoes 5.00

Breakfast

Available from 7:00AM to 11:00AM** Dial Service Express®

Westin Fresh by The Juicery

Westin Fresh by The Juicery offers a menu of nourishing, revitalizing juices and smoothies curated by the experts at The Juicery.

Beet, Carrot, Kale, Apple, Lemon, Ginger Juice 8.00

Orange, Grapefruit, Lemon Juice 8.00

Strawberries, Banana, Goji Berries, Coconut Water 8.00

Blueberries, Acai, Banana, Goji Juice, Coconut Water 8.00

Fruits, Juices + Yogurts

Orange, Grapefruit, Apple, Cranberry, Pineapple, Tomato or V8 Juice 5.00

SMK BLUEBERRY SMOOTHIE 8.00

Yogurt, banana, fresh squeezed orange juice, soy milk Add protein powder 3.00

MARKET FRESH FRUITS & BERRIES 12.00

Low-fat yogurt, local honey see low-

LOW-FAT YOGURT 6.00 Choice of berry or plain super was

FRESH BERRIES OR SLICED BANANA 8 00

Cereals

ASSORTMENT OF CEREALS 9.00

Choice of milk

HOUSE GRANOLA 10.00

Served with low-fat yogurt, local honey Super Served

STEEL CUT OATMEAL 11.00

Dried fruits, toasted pecans, brown sugar super super

Coffee + Tea + Milk

FRESHLY BREWED TRUE BREW COFFEE

Regular or Decaffeinated Coffee and Tea by the Pot Small Pot (3 cups) 8.00 Large Pot (6 cups) 12.00

ASSORTED TAZO TEAS

Awake, Calm, Wild Sweet Orange, Earl Grey, Tazo Chai, Passion, Lotus

Espresso 5.00

Cappuccino 6.00

Cafe Latte 6.00

MILKS 500

Whole, Non-Fat, 2%, Soy or Almond

Westin Weekend Breakfast Menu

Available from 11:00AM to 3:00PM Dial Service Express®

Weekends last longer at Westin hotels, with extended breakfast hours,* Whether you sleep in and slow down or jump-start your day with a WestinWORKOUT, you can dine at your own pace.

SMK BLUEBERRY SMOOTHIE 8.00

Yogurt, banana, fresh squeezed orange juice, soy milk Super Add protein powder 3.00

ALASKAN SALMON LOX & BAGEL 17.00

Cream cheese, red onion, tomato, capers 👐 🛶

GRILLED HAM & EGGS 16.00

Farm fresh eggs cooked your way, grilled ham, home-style potatoes and toast

BUTTERMILK PANCAKES 14.00

Sliced banana, pecans, warm maple syrup



Super 🛼 Indicates SuperFoodsRx™ dishes, which specifically pair whole foods to boost their nutritional benefits and their flavors. Antioxidant-rich and naturally low in calories, SuperFoods are known to improve well-being and longevity.

Eat Well Menu for Kids

Discover kids' meals that are as delicious as they are nutritious with the Westin Eat Well Menu for Kids, developed with SuperChefs™ to make kids and parents happy. Dial Service Express®.

Breakfast

Available from 7:00AM to 11:00AM

BLUEBERRY & BANANA PANCAKE LOLLIPOPS 9.00 Banana and blueberries cooked into pancake and served with low-fat yogurt, fruit salad and maple syrup

BABY SPINACH & CHEESE OMELETTE 9.00 Served with fruit salad Super Super

HAM, EGG & CHEESE QUESADILLA 9.00

Two eggs, corn tortilla, low sodium ham, cheese and pico de gallo

OATMEAL WITH APPLES AND WALNUTS 9.00 Served with apples, walnuts, honey and milk

BREAKFAST CEREAL 9.00 Choice of milk

Lunch or Dinner

Available from 11:00AM to 10:00PM

TUNA SALAD SANDWICH 11.00

Served on whole wheat bread with lettuce and tomato

CHICKEN COBB SALAD 11.00

Mixed greens, chicken, egg, cheese, avocado and cherry tomatoes with low-fat ranch dressing

FAMILY VEGETABLE PLATTER 9.00

Assortment of fresh raw vegetables served with lowfat ranch dressing see

DR. GREG'S DECONSTRUCED CAESAR SALAD 9.00

Grilled chicken, romaine, parmesean crisp, croutons, bacon bits and Caesar dressing

GRILLED CHICKEN WITH WHOLE WHEAT PASTA 9 00

Served with tomato sauce, broccoli and parmesean cheese

CHICKEN QUESADILLA 11.00

Served with black beans, rice and pico de gallo

Dessert

FRUIT KEBABS 5.00

Fresh fruit served with low-fat greek vogurt and a cornbread cookie

APPLE EDILLT SALAD 5.00

Cored apple filled with fresh fruit supple



ICE CREAM (EACH SCOOP) 3.00 Vanilla Bean, Chocolate, Strawberry

SORBET (EACH SCOOP) 3.00 Chef's Daily Selection

Drinks

STRAWBERRY YOGURT MILK SHAKE 6.00 Strawberries with low-fat vanilla Greek vogurt

FRUIT SMOOTHIE 6.00

Strawberries, blueberries and bananas blended with orange juice and honey week

*Enjoy breakfast longer on weekends - turn to our Westin Weekend Breakfast Menu page for details.

Super on their nutritional benefits and their flavors. Antioxidant-rich and naturally low in calories, SuperFoods are known to improve well-being and longevity.

his recipe has been created and tested in the SuperChefs kitchens by the SuperChefs kids.

A delivery charge of \$3.50, plus 22% gratuity and sales tax, will be added. All prices in U.S. dollars.

Consuming raw or undercooked meats, seafood, shellfish or eggs may increase your risk of food-borne illness.

All-Day Dining

Available from 11:00AM to 10:00PM Dial Service Express®.

Appetizers

CREAMY HUMMUS JAR 12.00

Sundried tomato, lemon zest, cucumber, grilled sea salt flatbread see

JUMBO SHRIMP COCKTAIL 18 00

Horseradish cocktail sauce

BUFFALO WINGS 12.00

Bleu cheese dressing, celery and carrot sticks

JUMBO LUMP CRAB CAKE 18.00

Mango and lychee salsa, lemon gastrique

5 SPICE RIBS 15.00

Tamarind-orange BBQ

Soup

FRENCH ONION SOUP 8.00

Gruyere, croutons

Greens

CLASSIC CAFSAR 12 00

Romaine, garlic croutons, parmesan

ICEBERG WEDGE 12.00

Baby iceberg, bacon, grape tomato, blue cheese dressing, crispy onions

SPINACH AND FRISEE SALAD 12.00

Quinoa, dried cranberries, lemon vinaigrette, crumbled goat cheese

ADD TO ANY SALAD:

Grilled chicken 5.00

Grilled Skuna Bay salmon 🛶 💁 6.00

Grilled steak 9.00

Grilled shrimp 7.00

Sandwiches + Burgers

RUSTIC GRILLED CHEESE SANDWICH 15.00

Three cheese blend, smoked bacon, tomato, on toasted sourdough bread

SMK BEFE BURGER 18 00

Shredded lettuce, tomato, red onion, herbed aioli, on a grilled brioche bun

ADD 1.00 (each)

Cheddar Swiss Bleu cheese Bacon Mushrooms Sautéed onions

Avocado Super Re

CHICKEN BLT 14 00

Toasted sourdough, smoked bacon, lettuce, tomato, herbed aioli

CHOOSE FROM:

Sweet potato fries, dressed green salad or seasonal fruit, or fries

Truffle fries 2.00 (additional)

Neapolitan Pizzas

CLASSIC PEPPERONI 17.00

Tomato sauce, mozzarella, basil

QUATTRO FORMAGGIO 16.00

Tomato sauce, mozzarella, parmesan, provolone, chevre

Desserts

CHOCOLATE MOLTEN CAKE 8.00

Chocolate rice krispies, vanilla bean ice cream

BERRIES OF THE SEASON *** 9.00

FRESH STRAWBERRY SHORTCAKE 8.00

Chantilly cream

HAAGEN-DAZS ICE CREAM BARS 9.00



Dinner

Available from 5:30PM to 10:00PM Dial Service Express®.

From The Grill

NEW YORK STEAK 120Z 49.00

FILET MIGNON 80Z 41.00

Sauce

CHOICE OF ONE (ADDITIONAL \$2 EACH)

Béarnaise

Horseradish Cream

SMK Steak Sauce

Chimichurri

Maître D Bone Marrow Butter

Bordelaise Sauce

From The Sea

MAPLE PLANK ROASTED

SKUNA BAY SALMON Super 32.00

Sauce

CHOICE OF ONE (ADDITIONAL \$2 EACH)

Soy-Citrus

Drawn Butter

Creamy Lemon Caper

Entrées

COLORADO FREE RANGE CHICKEN

"UNDER A BRICK" 25.00

Natural jus, roasted fingerling potatoes, sautéed brocollini

SPINACH FETTUCINI 18.00

Green beans, sundried tomatoes, parmesan toasted almonds

COLORADO LAMB BOLOGNESE 24.00

Fettucini, shaved parmesan, fried capers

WHITE MISO MARINATED SEA BASS 32.00

Arugula, green asparagus, fig and walnut vinaigrette

Sides 8.00 each

Yukon Gold Mashers

Sautéed Spinach Super Super

Grilled Broccoli

Grilled Asparagus Super Super

Macaroni & Cheese

French Fries

Late Night Dining

Available from 10:00PM to 7:00AM Dial Service Express®.

Cereals

ASSORTMENT OF CEREALS 9.00 Choice of milk

HOUSE GRANOLA 10.00 Served with low-fat yogurt, local honey super local



Soup

FRENCH ONION SOUP 8.00

Gruyere, croutons

Greens

CLASSIC CAESAR 12.00

Romaine, garlic croutons, parmesan

CHICKEN COBB SALAD 14.00

Bacon, bleu cheese, egg, tomato, ranch dressing

Sandwiches + Burgers + More

HAM & CHEDDAR SANDWICH 16.00

Shaved romaine lettuce, tomato, red onion served with kettle chips

TURKEY & SWISS SANDWICH 16 00

Shaved romaine lettuce, tomato, red onion, served with kettle chips

SMK BEEF BURGER 18.00

Lettuce, tomato, red onion, choice of cheddar or swiss, served with kettle chips

PERSONAL PIZZA 8" 12.00

Choice of four cheese or pepperoni

Desserts

CHOCOLATE MOLTEN CAKE 8.00

Chocolate rice krispies, vanilla bean ice cream

BERRIES OF THE SEASON Supplement 9.00

HAAGEN-DAZS ICE CREAM BARS 9.00



Sleep Well Menu



Enjoy these SuperFoods 1–2 hours before bedtime to enhance your rest and enrich your well-being. Available from 11:00AM to 10:00PM Dial Service Express®.

*SEARED AHI TUNA AVOCADO WRAP 15.00

Whole wheat tortilla, edamame hummus

*SPINACH FRISEE SALAD 16.00

Quinoa, dried cranberries, lemon vinaigrette, crumbled goat cheese

POACHED FARM EGG 15.00

Asparagus, wild mushroom, sugar snap peas

*BEDTIME SNACK 8.00

Nonfat yogurt with granola

CHAMOMILE TEA 8.00

Unwind and re-center with a cup of naturally caffeine-free herbal tea, featuring a proprietary blend of aromatic herbs designed to promote relaxation and restful sleep

Whether you're adjusting to a new time zone or recovering from your travels, restful sleep is the key to renewal. Recommended by the experts at SuperFoodsRx™, these selections are packed with amino acids, vitamins and minerals that promote sound sleep, including:

TRYPTOPHAN

Boosts serotonin production and enhances sleepiness

MELATONIN

Resets sleep-wake cycles, combating jet lag and improving sleep quality

THIAMIN

Important B vitamin that helps improve sleep patterns

MAGNESIUM & POTASSIUM

Electrolytes often lost during travel that help promote sleep and prevent insomnia

FOLATE

Helps fight fatigue during the day and promotes sound sleep at night

SEROTONIN

Promotes relaxation and induces sleepiness

Alcoholic Beverages

Available from 11:00AM to 10:00PM* Dial Service Express®.

Sparkling Wine	Sparl	kling	Wine
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	0 02. glass	DOLLIC
RUFFINO, PROSECCO	9.00	36.00
MICHELLE, NV BRUT	9.00	48.00
DOMAINE CHANDON, BRUT "CLASSIC"		64.00
White Wines		
ESPERTO, PINOT GRIGIO, ITALY	16.00	62.00
STAG'S LEAP, "HANDS OF TIMES", CHARDONNAY, NAPA, CA	14.00	54.00
SONOMA-CUTRER CHARDONNAY, SONOMA, CA	16.00	62.00
KIM CRAWFORD, SAUVIGNON BLANC, MARLBOROUGH, NZ	17.00	66.00
CHATEAU STE. MICHELLE, REISLING, COLUMBIA VALLEY, WA	7.00	26.00
TERRA D'ORO, CHENIN BLANC, AMADOR COUNTY, CA	12.00	46.00
Red Wines		
LIBERTY SCHOOL, CABERNET SAUVIGNON, PASO ROBLES, CA	17.00	66.00
SILVER PALM, CABERNET SAUVIGNON, NORTH COAST, CA		52.00
SEVEN FALLS, MERLOT, WAHLUKE SLOPE, WA	12.00	46.00
JOEL GOTT, PINOT NOIR, MONTEREY COUNTY, CA	15.00	58.00
BRIDLEWOOD, PINOT NOIR, CA	10.00	38.00
TERRA D'ORO, BARBERA	14.00	54.00

6 oz. glass

10.00

10.00

38.00

38.00

bottle

Beers

DOMESTIC BOTTLE

Budweiser, Bud Light, Miller Lite, Michelob Ultra, Coors, Coors Light 5.00

PREMIUM DOMESTIC BOTTLE

ALAMOS, MALBEC, MENDOZA, ARGENTINA

RAVENSWOOD, ZINFANDEL, SONOMA, CA

Samuel Adams Boston Lager, Sam Adams Light, Sam Adams Seasonal Ale, Batch 19, Bass Ale 6.00

IMPORTED

Heineken, Heineken Light, Corona Light, Corona Extra, Modelo Especial, Guinness (can) 7.00

DRAFT

Independence Pass IPA, Blue Moon Belgian White, Coors Light, Samuel Adams

NON-ALCOHOLIC BOTTLE

St. Pauli N.A. 5.00

HARD CIDER

Angry Orchard 5.00

A delivery charge of \$3.50, plus 22% gratuity and sales tax, will be added. All prices in U.S. dollars.

^{*}Responsibility matters. Must be of legal drinking age or older to purchase and/or consume alcohol. Vintages are subject to change; please ask your server when making your selection.