



IN-ROOM DINING

Maintain a healthy lifestyle on the road with our nutrient-rich and delicious SuperFoodsRx™ dishes.

SUPERFOODS



APPLES

Bursting with antioxidants, including polyphenols, flavonoids and vitamin C

AVOCADO

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

BEANS

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 E

GARLIC

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

HONEY

Antioxidant activity stems from peptides, organic acids and enzymes

KIWI

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

ORANGES

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

SOY

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

SPINACH

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

TEA

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

WALNUTS

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 Monday-Friday 6:00 a.m. to 11:00 a.m.

Saturday and Sunday 8:00 a.m. to 11:30 a.m.

Touch Service Express®

FRUITS, JUICES & YOGURTS

Orange juice  6

Apple, grapefruit or cranberry juice  6

Tomato or pineapple juice  6

Bowl of field grown berries  9

Fresh cut seasonal fruit 14

Seasonal sliced melon 12

Low-fat or greek yogurt 6

BREADS & PASTRIES

Served with butter and fruit preserves

Breakfast pastry basket 12

Basket of toasted bread 6

CEREALS

CHEERIOS®

Served with 2%, soy or skim milk 8

OATMEAL AND BERRIES 

Warm Irish steel cut oatmeal; topped with blueberries,
sliced almonds and honey 15

SIDE ORDERS

Applewood smoked bacon 7

Italian sausage links 7

Home fries 6

COFFEE & TEA

FRESHLY BREWED STARBUCKS® BLEND COFFEE

Regular or decaffeinated

Small pot (3 cups) 9

Large pot (6 cups) 14

ESPRESSO BEVERAGES featuring MR. ESPRESSO
(Locally roasted in Oakland, CA)

Espresso 5

Cappuccino 6

Café Macchiato 6

Café Latte 6

Café Mocha 7

ASSORTED TAZO® TEAS

Small pot (3 cups) 9

A 19% service charge (plus taxes) and a \$3.00 delivery charge will be added to your bill. The service charge includes an 15% gratuity for staff.

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

All prices in U.S. dollars.

BREAKFAST

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Saturday and Sunday 8:00 a.m. to 11:30 a.m.

Touch Service Express®

TRADITIONAL

THE WESTIN CONTINENTAL

Choice of freshly squeezed orange, grapefruit or apple juice; fresh fruit plate; choice of pastry served with butter and fruit preserves and freshly brewed coffee or tea 22

AMERICAN BREAKFAST

Choice of juice, two eggs cooked to your preference, potato and onion hash, choice of apple-wood smoked bacon or Italian sausage, toast and freshly brewed coffee or tea 27

EGGS YOUR WAY

Two eggs cooked to your preference, served with home fries and choice of toast 16

PANCAKES

Fluffy pancakes served with 100% pure New England maple syrup and butter 15

FRENCH TOAST

Served with mascarpone cheese, 100% pure New England maple syrup and butter 15

SUPERFOODS

GRANOLA

Homemade granola with rolled oats, raisins, mix nuts, honey and fresh berries, served with 2% or skim milk 11

EGG WHITE FRITTATA WITH BROCCOLI AND SPINACH

Flat egg-white omelet with oven roasted tomatoes, broccoli and spinach; served with home fries and choice of toast 17

EGG WHITE & MUSHROOM OMELET

Egg white omelet folded with mushrooms, served with an oven roasted tomato and quinoa 17

SALMON AND AVOCADO BRUSCHETTA

Grilled Ciabatta bread topped with crème fresh, smashed avocado, diced red onion and wild smoked salmon 18

GREEK YOGURT PARFAIT

Greek yogurt parfait layered with strawberries, blueberries and blackberries (low-fat yogurt available upon request) 10

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 SuperFoodsRx™ dishes 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.

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BREAKFAST

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Saturday and Sunday 8:00 a.m. to 11:30 a.m.

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SPECIALTIES

SEASONAL VEGETABLE OMELET

Omelet with fresh seasonal vegetables, served
with home fries and choice of toast 17

BACON & ONION OMELET

Omelet with onion and apple-wood smoked bacon,
served with home fries and choice of toast 18

CORNED BEEF HASH & POACHED EGGS

Two poached eggs served over Italian corned
beef hash, served with choice of toast 18

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ALL-DAY DINING

Available from 11:00 a.m. to 11:00 p.m.

Touch Service Express®

BEGIN

MINISTRONE SOUP

A bowl of seasonal vegetable soup made with vegetable stock, made fresh daily 8

CALAMARI

Fried calamari served with spicy marinara sauce 17

RUSTICHELLA

House made flat bread pizza topped with goat cheese, mozzarella, tomatoes, red onion, kalamata olives, basil and oregano; baked in our wood-fired oven 14

BRUSCHETTA

Grilled Ciabatta bread rubbed with garlic and topped with chopped tomatoes and basil 12

CAPRESE

Sliced seasonal tomatoes, fresh mozzarella and basil, drizzled with extra virgin olive oil 15

GREENS

HOUSE SALAD (IL FORNAIO SALAD)

Mixed greens, garlic croutons, and shaved Grana Padano cheese served with a house vinaigrette 12

CAESAR SALAD

Romaine lettuce, Grana Padano cheese, hardboiled egg and focaccia croutons served with our signature house made Caesar dressing 14

Add seared salmon* 9

Add seared tuna* 9

Add grilled chicken 6

Add chargrilled shrimp 7

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ALL-DAY DINING

Available from 11:00 a.m. to 11:00 p.m.

Touch Service Express®

FAVORITES

COLD GRILLED VEGGIE SANDWICH

Grilled vegetables, extra virgin olive oil, arugula, Asiago cheese, Ciabatta bread, served with house salad 19

TURKEY SANDWICH

Roasted turkey breast, Grana Padano cheese, sliced tomato, arugula, Ciabatta bread, served with house salad 20

ASIAGO BURGER*

6oz beef burger grilled to order, Asiago cheese, sliced tomato, arugula, Ciabatta bread, served with French fries 21

ENTRÉES

PENNE WITH VODKA SAUCE

Large pasta tubes with bacon, vodka-cream-tomato sauce and Grana Padano cheese 21

ROASTED ROTISSERIE HALF CHICKEN

Free-range chicken seasoned with rosemary; served with seasonal vegetables and Yukon gold potatoes 24

MESQUITE GRILLED STEAK*

Beef tenderloin cooked to order and sliced, topped with a balsamic vinegar and green peppercorn sauce, served with sautéed spinach and Yukon gold potatoes 38

SHELL PASTA WITH CHICKEN

Shell pasta, chicken breast, broccoli, sun-dried tomatoes, pecorino cheese, roasted garlic and Trebbiano wine 20

PIZZA MARGHERITA

Mozzarella, tomato sauce, oregano and fresh basil 18

CHEF'S INSPIRATION

Chef's seasonal offering inspired by regionally farmed or seasonally harvested products MP

SIDES

Seasonal Vegetables 6

Oven Roasted Yukon Potatoes 6

Sautéed Spinach 6

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ALL-DAY DINING

Available from 11:00 a.m. to 11:00 p.m.

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DESSERTS

TIRAMISU

Lady fingers soaked in espresso and rum, layered with mascarpone cheese and dusted with cocoa powder 11

ZABAIONE

Chilled zabaione, bellini sorbet, fresh whipped cream and an amarena cherry 11

CHOCOLATE GELATO

One scoop 5

VANILLA GELATO

One scoop 5

BEVERAGES

SODA

Coke®, Diet Coke®, Sprite®, Ginger Ale 4

BOTTLED WATER

Imported Natural Spring Water

Still or sparkling

500ml 6 1 Liter 9

FRESHLY BREWED ICED TEA

Glass 4 Pitcher 10

JUICE

Orange, apple, grapefruit, cranberry, tomato or pineapple juice  6

MILK

Glass of 2%, soy or skim milk 5

FRESHLY BREWED STARBUCKS® BLEND COFFEE

Regular or decaffeinated

Small pot (3 cups) 9

Large pot (6 cups) 14

ESPRESSO BEVERAGES featuring MR. ESPRESSO

(Locally roasted in Oakland, CA)

Espresso 5

Cappuccino 6

Café Macchiato 6

Café Latte 6

Café Mocha 7

ASSORTED TAZO® TEAS

Small pot (3 cups) 9

California Water Reduction Act

Please note that due to extensive draught conditions in the State of California, we are required to conserve water and will only serve water upon request with your order. Thank you for helping to conserve our natural resources.

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THE WESTIN® 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.

Touch Service Express®

BREAKFAST

Available Monday-Friday 6:00 a.m. to 11:00 a.m.

Saturday and Sunday 8:00 a.m. to 11:30 a.m.

FRENCH TOAST

French toast, mascarpone cheese, 100% pure New England maple syrup 10

PANCAKES

Served with 100% New England maple syrup and butter 10

SCRAMBLED EGGS

Scrambled eggs and toast 10

LUNCH OR DINNER

Available from 11:00 a.m. to 11:00 p.m.

MINISTRONE SOUP

A bowl of seasonal vegetable soup made with vegetable stock, made fresh daily 7

FRENCH FRIES 5

PERSONAL PIZZA

Mini pizza with tomato sauce and mozzarella cheese 12

KID'S CHOICE PASTA

Macaroni with your choice of cheddar cheese sauce, tomato sauce or meat sauce 9

CHICKEN FINGERS

Breaded chicken tenders served with French fries 10

TO FINISH

BOWL OF FIELD GROWN BERRIES 8

SCOOP OF GELATO

Chocolate or vanilla 5

A 19% service charge (plus taxes) and a \$3.00 delivery charge will be added to your bill. The service charge includes an 15% gratuity for staff.

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

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ALCOHOLIC BEVERAGES

Available from 6:00 a.m. to 11:00 p.m.

Touch Service Express®

	GLASS	BOTTLE
WINES		
00000	House Red, Chianti Classico, Il Fornaio	10 40
00000	House White, Pinot Grigio, Il Fornaio	10 40
00000	House White, Chardonnay, Il Fornaio	10 40
00000	House Sparkling, Prosecco	10 40

Il Fornaio Ristorante features robust wine list that is updated frequently to highlight new and interesting wines. Please contact Service Express to receive a copy of our full wine-list or for a recommendation based on today's available selections.

Additionally, a full-bar is available for spirits and hand-crafted cocktail selections; contact Service Express for more information and to place your order.

	GLASS	BOTTLE
BEER		
	DOMESTIC BOTTLE	5
	Budweiser	
	Bud Light	
	Coors Light	
	CRAFT	7
	Samuel Adams Boston Lager	
	Blue Moon	
	IMPORT	7
	Heineken	
	Heineken Light	
	Corona Extra	
	Corona Light	
	LOCAL	7
	Sierra Nevada Pale Ale (Chico, CA)	
	NON-ALCOHOLIC	6

A 19% service charge (plus taxes) and a \$3.00 delivery charge will be added to your bill. The service charge includes an 15% gratuity for staff.

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.

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