

Breakfast

To Start the Day

CONTINENTAL BREAKFAST 15.00
Banana loaf, low fat yogurt & seasonal fruit


FRENCH TOAST 16.00
Egg dipped baguette, sugar dusted,
with whipped butter & maple syrup

FRIED EGG SANDWICH 16.00
2 eggs, bacon, cheddar, lettuce & tomato on your choice
of bread with breakfast potatoes or hand cut fruit

BUTTER MILK WAFFLE 17.00
with whipped cream & berries
Add chocolate toffee 2.00

BUTTER MILK PANCAKES 16.00
Whipped butter & maple syrup
Add chocolate toffee 2.00


SMOKED SOCKEYE SALMON BAGEL 16.00 
Cream cheese, capers & onions


SALMON & POACHED EGGS 19.00 
Sockeye smoked salmon on cream cheese crusted bagel
with lemon dressed micro salad top

HEALTHY BREAKFAST 18.00 
2 eggs poached on avocado, grilled tomato
& asparagus salsa verde

GREAT CANADIAN BREAKFAST 21.00
2 eggs any style, breakfast potatoes or hand cut fruit
Choice of bacon, sausage or ham & your choice of toast
Add 8oz cap steak for 15.00

BEAR BREAKFAST 24.00
2 eggs any style, breakfast potatoes or hand cut fruit,
2 slices of bacon, 2 sausages, 2 slices of ham & your choice
of toast. Served with coffee & juice
Add 8oz cap steak for 15.00

 Gluten Free. Does not contain
wheat, barley or rye

 All seafood options on this
menu are recommended by the
Vancouver Aquarium's Ocean Wise
Program as ocean friendly

Omelettes & Bennies

BENNIES - Served with your choice
of breakfast potatoes or hand cut fruit
Gluten-free muffin 2.00

TRADITIONAL EGGS BENNY 18.00
Poached eggs, toasted English muffin, back bacon
& hollandaise sauce

SALMON BENNY 19.00 
Poached eggs, toasted English muffin,
smoked salmon & hollandaise sauce

FLORENTINE BENNY 17.00
Poached eggs, spinach, sliced tomato,
on rustic toasted baguette

OMELETTES - Served with breakfast potatoes
or hand cut fruit & your choice of toast
Add gluten-free toast 2.00

MUSHROOM OMELETTE 15.00
Soft herbs, mushrooms & soft herb cheese

HAM & CHEESE OMELETTE 16.00
Black forest ham & shredded cheese

BEAR BREAKFAST OMELETTE 18.00
Bacon, sausage, ham, tomato & cheddar cheese

WEST COAST OMELETTE 19.00 
Smoked salmon, asparagus, soft herb cheese & tomato





Superfoods


Our superfoods menu features revitalizing dishes made from powerhouse ingredients rich in nutrients, antioxidants & delicious taste so you can start your day feeling recharged.


BLUEBERRY BANANA SMOOTHIE 6.00 
Made with soy milk & Bear Mountain Honey

STRAWBERRY SMOOTHIE 6.50
Made with fresh squeezed orange juice & blended with banana

SCRAMBLED EGG & TURKEY WRAP 18.00 
Rolled with cheddar & avocado in a soft tortilla, with chipotle salsa & hand cut fruit


OATMEAL 10.00 
Sliced banana, raisins & brown sugar

BIRCHER MUESLI 10.00 
Blueberry, shaved granny smith apple, honey yogurt & granola

EGG WHITE OMELETTE 17.00 
Wilted spinach, tomato, asparagus, green onion, soft herb cheese & hand cut fruit





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. Service charges and government taxes are additional.

 "These nutritional powerhouse foods can help extend your health span – the extent of time you have to be healthy, vigorous and vital." – Dr. Steven Pratt, author of SuperFoodsRx: Fourteen Foods That Will Change Your Life.

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Juicery by Westin

KALE SMOOTHIE 7.00 
A smooth blend of kale, spinach, banana, mango, and cinnamon, made with unsweetened almond milk

PEAR SMOOTHIE 7.00 
A smooth blend of pear, spinach, and avocado, made with coconut water

MANGO SMOOTHIE 7.00 
A smooth blend of mango and spinach, made with unsweetened coconut milk

PINEAPPLE SMOOTHIE 7.00 
A smooth blend of pineapple, spinach, cilantro, avocado, made with unsweetened coconut milk

Beverages Hot & Cold

FRESHLY BREWED STARBUCKS® COFFEE

REGULAR OR DECAF 4.25

LATTE OR CAPPUCINO 5.25

AMERICANO 5.25

ASSORTED TAZO® TEAS 4.25
Earl Grey, Green Tip, Organic Chai, Orange, Chamomile or Mint

HOT CHOCOLATE 4.50

MILK 2.95
2%, Skim, Chocolate or Soy

JUICE 4.25
Apple, Orange, Cranberry

Basics & Sides

COLD CEREAL 5.00
Fruit Loops®, Corn Pops®, Rice Krispies®, Special K®, Frosted Flakes®

CRISPY POTATOES OR SHREDDED HASHBROWN 5.50

HAM, BACON, OR SAUSAGE 5.50

SIDE OF TOAST 7.00
White, Wheat, Rye, Sourdough, Multi-Grain, English Muffin, Croissant
Gluten-free add 2.00

FRESH MUFFINS OR CROISSANT 4.50
Baked fresh daily — ask your server for today's selection

BAGEL & CREAM CHEESE 9.00

FRESH FRUIT CUP 5.50

YOGURT 5.50
Vanilla, Low-fat, or Greek



AVAILABLE AFTER 9 AM

CAESAR...10.00
Clamato Juice, Vodka, Seasonings

MIMOSA...11.00
Prosecco, Orange Juice

BAILEY'S COFFEE...10.00
1.5 oz Bailey's Irish Cream, Coffee, Whipped Cream

SPIKED HOT CHOCOLATE 11.00
Hot Chocolate, 1.5 oz Choice of Liqueur (Kahlua, Tia Maria, Baileys), Whipped Cream

MONTE CRISTO 10.00
½ Oz each of Kahlua & Grand Marnier, Coffee, Whipped Cream

SPANISH COFFEE 10.00
½ Oz each Kahlua & Brandy, Coffee, Whipped Cream