

RESTORE BALANCE THIS MORNING

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

Available: from 6:30 a.m. to 11:00 a.m.

INVIGORATE

Market Fresh Tropical Fruits **GF**
A bountiful selection of the season's best US 9

Blueberry Protein Smoothie **SuperFoodsRx**
Banana, orange & apple, soy protein US 7

Berry, Low Fat Yogurt and Granola Parfait **SuperFoodsRx**
Granola, flaxseed yogurt and berries US 7

Cereals

Raisin Bran®, Corn Flakes®, Muesli, Special K®, Cheerios®, Wheaties®,
Frosted Flakes®, Granola US 6

Cereal with strawberries or banana US 8

Cereal parfait with strawberries, banana and passion fruit US 8

Steel-Cut Oatmeal with Banana **SuperFoodsRx**
Sliced banana, pecans and honey drizzle US 8

REJUVENATE

Salmon and Cream Cheese Bagel
Open face smoked salmon bagel with cream cheese and
apricot jelly US 10

Egg White and Young Spinach Omelet^{***} **SuperFoodsRx** **GF**
Folded with sauteed onions and low fat cheese, mini tomato and
arugula salad US 10

Two Farm Fresh Eggs, Any Style^{**}
Choice of smoked bacon, smoked ham or breakfast sausage links,
served with potato of the day US 8

Buttermilk Pancakes
Maple syrup and butter with strawberries or banana US 8

The PEF French Toast
Served with organic papaya in syrup or bee honey from our Puntacana
Ecological Foundation, banana or strawberries US 8

BREAKFAST TABLE

Seasonal fruits and berries, yogurt, steel-cut oatmeal,
whole grain cereals, all-natural granola, scrambled eggs,
smoked bacon, sausage links, breakfast potatoes, bakery
selections, selection of breakfast juices, freshly-brewed
Dominican coffee and assorted Tazo® teas US 20

ENERGIZE

Juice **GF**
Orange, passion fruit, grapefruit, pineapple, and papaya US 4

Milk and Shakes

Strawberry, Mint and Banana **GF** US 7

Papaya, Pineapple or Melon **GF** US 7

Regular or Skim (Glass) **GF** US 3

Soy (Glass) **SuperFoodsRx** US 4

Strawberry, Chocolate or Vanilla Shakes US 8

Freshly-Brewed Dominican Blend Coffee

Small US 2

Large US 4

Espresso US 3.50

A 10% gratuity and applicable Dominican sales tax is added to each guest check.

**Consuming raw or undercooked meats, seafood, shellfish or eggs may increase your risk of foodborne illness.

SuperFoodsRx "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 *SuperFoods Rx: Fourteen Foods That Will Change Your Life*

GF We pride ourselves in providing gluten friendly menu choices. While we endeavor to carefully prepare those meals to accommodate a gluten-free diet please be aware that they may be prepared in an environment where gluten is present. Please ask your server to assist you in making your selection. Please consult your physician as to your personal health decisions.

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INDULGE

The Westin Continental

Choice of freshly-squeezed orange, passion fruit or pineapple juice, tropical fruit plate, bread and pastry basket served with butter and fruit preserves and freshly brewed coffee or tea US 11

The American Breakfast**

Two farm fresh eggs with sausage links, smoked bacon, smoked ham or turkey sausage served with hash brown potatoes, bread and pastry basket, tropical fruit platter, chilled orange juice, passion fruit or pineapple juice and freshly brewed coffee or tea US 14

The Dominican Breakfast**

Two farm fresh eggs with mashed green plantain (mangu), sautéed red onion, fried cheese or spicy Dominican sausage, freshly-squeezed orange, passion fruit or pineapple juice, bread and pastry basket served with butter and fruit preserves and freshly brewed coffee, hot chocolate or tea US 14

Create-Your-Own 3 Egg Omelet** GF

Choice of 3 toppings: smoked ham, bell peppers, onions, spinach, mushrooms, smoked bacon or Manchego cheese US 10

OPTIONS

Low-Fat Yogurt

Choice of fruit or plain US 4.50

Day Potato, Hash Brown or Mashed

Green Plantain GF US 8

Baked Basket

Danish pastries, croissants and freshly baked Muffins served with butter and fruit preserves US 9

Whole Wheat, White or Toasted Bagel US 6

Smoked Bacon or Ham. Turkey, Pork or Dominican

Sausage. Fried Cheese. US 8 each

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FEED THE BODY NOURISH THE SOUL

Our SuperFoods menu features revitalizing dishes made from healthy ingredients rich in nutrients and antioxidants and taste delicious so you can feel energized and at your best all day.

Available: from 12:00 a.m. to 10:30 p.m.

BEGIN

Daily Soup US 7

Quesadilla

Three cheeses, bell peppers, chipotle salsa, guacamole and sour cream US 12

With chicken US 13 With steak US 14 With shrimp US 16

Ceviche Playa Blanca** GF

Mahi-Mahi mixed with coconut milk, ginger, lime, chipotle and mango US 12

Coastal Crab Cakes  GF

With spinach, garlic flavored oil and orange sriracha sauce US 13

Crispy Firecracker Calamari

Kalamata olives and roasted garlic dip US 12

Caribbean Chicken Tenderloin

Breaded and served with a Creole or honey mustard sauce US 13

GREENS

Market Greens with Red Beets  GF

Thinly sliced red beets, mesclun blend, garden herbs, lemon honey vinaigrette US 10

Beefsteak Tomato Caprese Salad  GF

Fresh mozzarella low fat, arugula, extra virgin olive oil US 13

Hearts of Romaine Caesar Salad

Romaine lettuce, shaved parmesan, crispy yucca croutons US 12

With chicken US 14 With shrimp US 16

Sautéed Cilantro Lime Shrimp Salad**  GF

Market greens, roasted peppers, tomato, Pepper Jack cheese, tortilla crisps and avocado dressing US 16

Puntacana Salad

All ingredients are organic and cultivated in our ecological foundation. Eggplant, zucchini, arugula, peppers and sun dried tomatoes are all part of this salad, scented with a mint orange vinaigrette US 15

ENTRÉES

Whole Wheat Spaghetti, Grilled Portobello and Spinach  GF

Edamame, broccoli, garlic, sweet tomato-basil sauce US 18

Baked Salmon Filet GF

In a citrus juice, ginger and fresh oregano US 25

Braised Short Ribs

Perfectly cooked with Caribbean flavors US 22

8oz Ginger Soy Marinated Filet of Beef** GF

Wild mushrooms, shallots, mashed potatoes and Teriyaki glaze US 25

Grilled Skirt** GF

with Dominican spices and a touch of rum US 22

Seafood Kebab** GF

in a fennel and pumpkin seed dressing US 26

Sautéed Garlic Baby Lobster** GF

Grilled with garlic butter US 30

Boneless Roasted Chicken GF

Prepared with our orange and BBQ recipe US 18

Stir-Fry

Vegetables, jasmine rice, soy-ginger sauce US 14

With Tofu US 16

With chicken or meat US 18

With shrimp US 20

Steamed Red Snapper Wrapped in Green Plantain Leaves GF

Served with saffron and coconut rice US 22

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Available: from 12:00 a.m. to 10:30 p.m.

FAVORITES

All sandwiches and wraps are served with choice of French fries or daily chips.

Reuben's Classic

The classic, pastrami, sauerkraut, Emmental cheese and relish on rye bread US 18

Smoked Turkey and Gouda Club Sandwich

Baby arugula, mango and jalapeño mayo on toasted wheat bread US 15

Serrano Ham, Manchego Cheese and Zucchini Wrap

Mixed greens with avocado and sundried tomato mayo US 18

The Classic Burger on Brioche Bread**

8oz ground beef Angus choice US 14

Add cheese US 15

Add bacon and cheese US 17

Tuna Tataki** GF

Served with potatoes and caramelized walnuts US 20

Salmon with Coriander & Caramelized

Onion Flatbread US 18

Bell Pepper, Pepperoni, Arugula &

Cream Cheese Flatbread US 14

Carnivores Pizza

Mozzarella, Italian sausage, chicken, bacon, ham & beef US 18

Margherita Pizza

Mozzarella, basil and tomatoes US 12

Add pepperoni US 14

Mediterranean Pizza

Mozzarella, green & black olives, bell pepper, zucchini, sundried tomatoes US 16

Add tuna or portobello US 18

OPTIONS

Sea-Salted French Fries US 4

Onion Rings US 4

Sautéed Seasonal Vegetables US 5

Rice of the Day US 5

FINALE

Low Fat Ricotta Cheesecake

with Berries  US 10

Phyllo Almond Pastry  US 10

Mums Lem Crunch GF

Chocolate, lemon curd, whipped cream & dehydrated fruits US 10

Warm Apple Pie

Served with Vanilla ice cream US 12

Caribbean Trifle US 10

Bowl of Mixed Tropical Fruits GF US 9

BR Ice Cream US 9

All our meats are USDA Certified

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