

SLEEP WELL MENU

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

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

Melatonin: Resets sleep-wake cycles, combatting jet lag and improving sleep quality

Folate: Helps fight fatigue during the day and sleep soundly at night

Thiamin: Important B vitamin that helps improve sleep patterns

Serotonin: Promotes relaxation and induces sleepiness

Enjoy these superfoods 1-2 hours before bedtime to enhance your rest and enrich your well-being:

OATMEAL TABOULEH

Steel cut oats, tomatoes, cucumber & parsley 13

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

SEARED WILD SALMON

Warm three beans salad 34

Available from 11:30 a.m. to 11:30 p.m.

TURKEY AVOCADO WRAP

Arugula Salad 14

BEDTIME SNACK

Small bowl of nutty granola with skim milk 8

HERBAL TEA

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. 7

For a better you.[™]



A 16% service charge, 6% administrative charge, \$3 delivery charge, and 8% sales tax will be added to your bill. The service charge is distributed to employees. The other charges are not tips, gratuities or service charges for employees.

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