

Breakfast available daily from 6:00am to 11:00am
Saturday & Sunday extended hours until 12:00pm

BREAKFAST BUFFET include juice, coffee and tea
Choose from our cold selection \$13.95 or
full hot buffet breakfast \$18.50

BREAKFAST A LA CARTE

INVIGORATE

BLUEBERRY BANANA SMOOTHIE  GF 6
An immune boosting blend of ripe fruit, soy & yogurt garnished with fresh strawberries

MARKET FRESH FRUIT AND BERRIES  GF 8
A bountiful selection of the season's best

TOASTED ALMOND GRANOLA PARFAIT  6
Yogurt sprinkled with dried blueberries


ROLLED OATMEAL  6
With bananas, pecans and cinnamon


BERRY, APPLE AND BANANA MUESLI  6
With fresh strawberries

REJUVENATE

FARM FRESH EGGS A LA CARTE 15
Two eggs as you like, smoked bacon, sausage or grilled ham and Lyonnaise potatoes or seasonal fresh cut fruit salad

EGGS BENEDICT 17
Toasted english muffin topped with peameal bacon, poached to preferred doneness eggs, gratineed with hollandaise

CREATE YOUR OWN SOFT ROLLED OMELET  16
Choose from ham, cheese, tomato, onion, mushroom & peppers, served with Lyonnaise potatoes or seasonal fresh cut fruit salad

ELEMENTS EGG WHITE OMELET  GF 17
Broccoli and cheddar, served with Lyonnaise potatoes or seasonal fresh cut fruit salad

GOLDEN BUTTERMILK PANCAKES 13
Dusted with icing sugar and warm maple syrup

CRISP BELGIUM WAFFLE 14
Topped with roasted apples, pecans, whipped cream and warm maple syrup, your choice of plain or whole wheat

STEAK & EGGS 20
5oz strip loin cooked to preferred doneness, sautéed mushrooms, two eggs, a grilled tomato, and Lyonnaise potatoes or seasonal fresh cut fruit salad

BANANA BREAD FRENCH TOAST 15
With sautéed banana and warm maple syrup

RESTORE BALANCE

THIS MORNING

Our SuperFoods menu features revitalizing and delicious meals crafted with powerhouse ingredients. These recipes are rich in antioxidants and nutrients that will help you kick start your day – *the Westin way.*

LOCAL CHOICE

CRAB CAKES 15

With baked beans and caper remoulade

SHRIMP AND SWEET POTATO HASH GF 16

Roasted sweet potato hash sautéed with onion, shrimp & cilantro pesto then finished with two poached eggs & spiced hollandaise sauce

EGGS NOVA  16

Two eggs as you like, Nova Scotia smoked salmon and Lyonnaise potatoes or seasonal fresh cut fruit salad

OPTIONS

Low fat yogurt - plain or berry  3

Extra bacon, sausage or ham 3

Extra hash browns 3

Extra toast 3

Assorted dry cereals 3

Pastry basket 4

REVIVE

Fresh brewed Starbucks coffee 3.50

Tazo tea 3.50

Milk * 2% Skim, Soy or Chocolate 3

Juice  3

*Orange, Apple, Cranberry, Tomato or Grapefruit

FRESH BY THE JUICERY GF

Carrot / Orange / Ginger / Turmeric / Mango 6

Kale / Spinach / Banana / Mango / Cinnamon 6

Orange / Grapefruit / Lemon / Lime 6

Mango / Blueberry / Avocado / Almond Milk 6



elements

on hollis

*Halifax Seaport
Farmers Market
Four Seasons Farm
Fox Hill Cheese
House
Roselane Farms
Oulton's Farm
24 Carrots Bakery
Comeau Seafood
Fisherman's Market
Boates Farm
Getaway Farms
Riverview Herbs
Maritime Gourmet
Mushroom Co*

The team at Elements on Hollis pride themselves on utilizing local, small business suppliers which in turn helps to support local agriculture and economy and has a positive impact on lowering the ecological footprint

Elements of Food

Our talented and award winning, multinational culinary team apply their worldly knowledge of flavor combinations to the plentiful bounty of top quality ingredients harvested from the farms and oceans in and around our beautiful province

Elements of Wine

Elements on Hollis features a Wine Spectator Award winning wine list showcasing both global and local offerings. Our local wines, spirits and craft beer selections pair perfectly with our locally inspired food menu offerings

Elements of Entertainment

Our private events, themed nights and wine socials are developed to showcase the elements of Nova Scotia. Come home to Elements on Hollis and experience

A Global Twist on Local Elements

*Halifax
Distilling Co.
Lockett
Vineyards
Boxing Rock
Big Spruce
Jost Vineyards
Propeller
Nine Locks
Garrison
Brewery
Nova Scotia
Spirit Co*

Westin SuperFoodRx



“These nutritional powerhouse foods can help extend your health span – the extent of time you have to be vigorous and vital” Dr. Stephen Pratt, author of Super Foods Rx 14 Foods That Will Change Your Life.

GF We Pride ourselves in providing gluten free menu choices. While we endeavor to carefully prepare those meals to accommodate a gluten free diet, be aware that they may be prepared in an environment where gluten is present.