

feed the body, nourish the soul

[www.theatriumlounge.ie](http://www.theatriumlounge.ie)



## Stay Well

At Westin, we aim to enhance your well being.

Through food synergy, we offer you a selection of foods that are antioxidant rich and naturally low in calories, that have been combined to deliver a revitalizing lift to your day.

Where you see *sf* (*superfoods*) in this menu, we have paired whole foods to boost their benefits and their flavours, to offer you a dining option that will invigorate and rejuvenate.

SuperFoods are known for being health-enhancing and rich in anti-oxidants and phytonutrients. Key to SuperFoodsRx philosophy is “food synergy”. Food synergy refers to foods that, when paired together, are even more nutritious than when they are eaten separately. For example, spinach & tomatoes.

SuperFoodsRx™



## The Classics

### Classic Teas 5.50

#### fine leaf irish breakfast

a rich and robust tea, traditionally blended with Kenyan and Assam black teas.

#### green

pure green tea  
orange & lotus flower

#### white

pure white tea

#### decaffeinated

Irish breakfast tea  
earl grey

#### herbal

lemon & ginger  
orange, mango & cinnamon  
blackcurrant, ginseng & vanilla  
echinacea & raspberry

### Classic Coffee

cafetiere of brazilian arabica coffee	5.50
cappuccino	4.50
caramel cappuccino	4.75
macchiato	4.50
chocolate macchiato	4.75
americano	4.00
espresso	4.00
double espresso	5.00
café latte	4.50
vanilla, tiramisu or seville orange latte	4.75
café mocha	4.50
hot chocolate	4.50
mint or gingerbread hot chocolate	4.75

### Classic Cream Tea

fruit scones with butter, clotted cream ,  
homemade strawberry jam  
and your choice from our tea and coffee selection

10.00

## Revive

### Oolong Tea 5.50

yellow gold oolong tea

colours from olive to ivy green. the leaves open up to create a yellow-gold infusion with lime-green hues, caramel notes with tangy citrus and fresh grasses and a quenching, syrupy taste

### Black Tea 5.50

organic bohea lapsang black tea

twists of whole leaf producing a deep hazel-yellow infusion and a calm, serene aroma of warm sauna pine. soft, gentle, smoky with nurturing warmth and a supple creamy finish

lychee red black tea

surprisingly sweet (from lychee juice) and soft, with lingering aromas of Asian fruits and perfumer's flowers

### 1998 Vintage Puerh Tea 5.50

the rousing complexity offered by only the best puerh, echoing the taste, texture and colour of Japanese plums

### Herbal Infusion 5.50

whole peppermint leaf

cleansing, fresh and digestible, with an intensely fresh finish

whole rosebuds

light, graceful, stealthy notes of sweet-edged rose within a refreshingly light, leafy liquor

### White Tea 5.50

jasmine silver needle white tea

beautiful pale, gold tea buds, which produce flavours that combine fragrance rejuvenating jasmine and smooth vanilla scents.

westin blend

a clean natural taste of innocent purity and sweetness of white tea blended with the aromatic wild citrus essence of verbena.

### Green Tea 5.50

flowering osmanthus green tea

heart of which unfolds flame-coloured petals of osmanthus flower the flavour is warm with fresh green tea sappiness elevated by full apricot notes.

### Yellow Tea 5.50

fire mountain yellow tea

willow-green whole buds and leaf, giving a glowing, translucent infusion. refreshing with vivid edges leading to a soft and nurturing rounded sweetness

## 12.00pm - 7.30pm

### Heavenly

camembert and avocado (v) (sf) open sandwich on toasted sourdough bread with spinach and walnut pesto potassium, phosphorus, magnesium vitamins A, B,E,K	12.50
chilli chicken wrap Irish chicken fillet, cheddar cheese homemade guacamole & tomato salsa in a warmed flour tortilla	13.00
pulled beef brisket sandwich slow cooked Irish beef, barbecued tomato relish sautéed white onion and Swiss cheese on a toasted ciabatta	13.50
smoked Irish salmon plate(sf) with red onions, lemon, marinated caper berries, sour cream and homemade brown scones. salmon is a great source of omega 3 oils, combined with onion which is high in phytonutrients, this makes a great superfood duo.	15.00

### Atrium Signature

chefs seasonal vegetable soup of the day (v) served with freshly baked breads	7.00
tomato gazpacho (v) (sf) a chilled tomato based soup with cucumber salsa vitamins A,C, K calcium, phosphorus, potassium	7.00
quiche of the day baked each morning please ask your server for details	12.50
atrium club sandwich bacon, egg, turkey, tomato, lettuce and mayonnaise on toasted white bread	13.00
mushroom and goats cheese sandwich (v) sautéed mushrooms, goats cheese, baby spinach and tomato, on toasted wholegrain bread	12.00
epicurean plate international meat selection of milano salami, serrano ham, and bresaola with a selection of Irish cheese including bandon vale cheddar, cooleeny and boilie goats cheese served with tomato relish and pickles	14.00

## Refreshing

caprese salad (v) fresh plum tomatoes with buffalo mozzarella and basil pesto with balsamic vinegar	12.50	create your salad experience	13.50
caesar salad (v) baby gem leaves with parmesan cheese, croutons and caesar dressing	12.00	choose your leaf  rocket, baby gem, mixed leaves, baby spinach	
add sliced chicken breast	13.50	choose 1 main ingredient  diced honey glazed ham, roasted beef sirloin strips, sliced breast of chicken, smoked breast of chicken, sliced turkey breast, Irish smoked salmon, or norwegian shrimp	
superfood salad (v) (sf) rocket and baby spinach leaves with cherry tomatoes, red onion, walnuts, pumpkin seeds and fresh apple tossed in a low fat yoghurt with black pepper and mint	12.50	choose 3 garnishes  roma tomato, sun dried tomatoes, cucumber, red onion, olives, bandon vale cheddar, cashel blue, camembert, parmesan, croutons, piquillo peppers, walnuts, pumpkin seeds	
sides and nibbles	3.00	choose your dressing  ranch, olive oil and balsamic vinegar, honey and lemon natural yoghurt with mint and black pepper	
roasted aubergine 'baba ghanosh' dip with grilled pitta bread			
cup of gazpacho			
serrano ham and fresh fig			
bowl of olives			

## Inspire

create your sandwich experience 13.00

### select your bread

traditional white or brown, demi baguette,  
focaccia, multigrain bagel, onion bap,  
or flour tortilla

### choose 2 main fillings

honey glazed ham, roasted beef sirloin,  
breast of chicken, smoked breast of chicken,  
egg mayonnaise, turkey breast,  
Irish smoked salmon, bandon vale cheddar,  
norwegian shrimp, tuna mayonnaise

### choose from 2 accompaniments

roma tomato, cucumber, sweet pickle,  
iceberg lettuce, red onion, cocktail sauce,  
horseradish or mayonnaise

all sandwiches are accompanied with lightly  
salted potato crisps and rocket salad

## Delightful

flourless chocolate cake 7.00  
served warm with fresh cream

sticky toffee pudding 7.00  
served with butterscotch sauce

homemade bakewell tart 7.00  
served with crème anglaise

meringue 7.00  
served with fresh cream and berries

international cheese plate 10.00  
with homemade chutney and crackers

assiette dessert plate 9.00  
a selection of sweet delights from our chef

## Coeliac Friendly Menu

Please ask us about the steps we have taken to minimize cross contamination with gluten-containing foods.

chefs seasonal vegetable soup of the day (v) served with gluten free toast	7.00
tomato gazpacho (v) (sf) a chilled tomato based soup with cucumber salsa	7.00
classic club sandwich made using gluten free bread	13.00
epicurean plate international meats with a selection of Irish cheese served with tomato relish and pickles	13.00
superfood salad (v) (sf) rocket and baby spinach leaves with cherry tomatoes, red onion, walnuts, pumpkin seeds and fresh apple tossed in a low fat yoghurt with black pepper and mint	12.50
caprese salad (v) fresh plum tomatoes with buffalo mozzarella and basil pesto with balsamic vinegar	12.50
flourless chocolate cake served warm with fresh cream	7.00
international cheese plate with homemade chutney and gluten free toast	10.00

## Afternoon Tea

2pm – 6pm daily

Escape to the haven of the atrium lounge & experience traditional afternoon tea which includes an array of sweet delights fresh fruit scones, indulgent savouries and a refreshing choice of tea and coffee

24.00 per person

## Jing Tea

With Westin, Jing has sourced exceptional teas from the most prestigious tea growing regions in the world – China, Japan, Taiwan, India and Sri Lanka.

The Atrium Lounge has a dedicated Jing Tea Sommelier, Michelle, to assist you with choosing a perfect tea for you.

## Westin White Wine

	glass	bottle
<b>sauvignon blanc</b>	5.50	23.00
takÚn reserve, valle central, chile delicate floral notes highlighted by tropical undertones		
<b>semillon chardonnay</b>	5.50	23.00
boomerang tree, australia fresh and zesty, balanced by soft oak		
<b>pinot grigio</b>	5.95	25.00
rocca ventosa, italy fresh fruit nuances with a delicate flowery touch.		
<b>sauvignon blanc</b>	7.50	32.00
one tree, new zealand clean, fresh in a medium/dry style with citrus and gooseberry flavours		
<b>macon lugny</b>	8.25	34.00
burgundy, france subtle nose of green apple and grapefruit persist through the palate with a long lingering finish.		
<b>viognier marsanne</b>	8.50	35.00
the hermit crab, australia light floral notes, medium-bodied with a hint of peach –flavoured fruit.		
<b>chablis</b>	9.25	39.00
alain geoffroy, france well structured and full bodied, soft and supple, with a long, clean finish		

## Westin Red Wine

	glass	bottle
merlot	5.50	23.00
takÚn reserve, valle central, chile ripw cherries mingled with spices		
shiraz cabernet	5.50	23.00
boomerang tree, australia intense plum and spice characters		
cabernet sauvignon	5.95	25.00
de martino, chile mint enters the finish, while vanilla and blackberries dominate the palate.		
malbec	7.50	32.00
norton, argentina a fresh and fruity wine invites you discover the unique characteristics of it's grape variety		
château lamarche	7.95	33.00
bordeaux supérieur, france soft and appealing with supple tannins. fruit heavy and rich with an elegant finish		
chianti	8.25	34.00
chianti classico DOCG, tuscan, italy ripe cassis nose, broad chocolate, vanilla and dark fruits with nice tannis on the finish		
fleurie cuvée prestige	8.50	35.00
la chapelle de guinchay, burgundy, france generous fruits of cherries and raspberries with plenty of body.		
rioja	9.25	39.00
conde de valdemar, spain full bodied with melted tannins with toasty and creamy oak notes		

## Westin Sparkling and Rosé

glass

bottle

duberny syrah-cabernet organic rosé

6.75

28.00

organic Languedoc-Rousillon, France  
hints of strawberry and grenadine,  
fresh, rich and a perfect balance

marca oro prosecco di valdobbiadene

8.50

42.00

doc spumante valdo, veneto, italy  
fresh and crisp with strong citrus and stone fruit  
with delicate bubbles and a clean zesty finish

valdo nerello mascalese prosecco rosé spumante

8.50

42.00

valdo, veneto, italy  
a blend of nerello mascalese and prosecco grapes.  
distilled strawberries and cream, bursting with bubbles.

champagne taittinger brut réserve

17.00

80.00

reims, france  
full-bodied with plenty of fruit matched  
by soft balancing acidity.

champagne taittinger prestige brut rosé

19.00

95.00

reims, france  
sweet perfumed fruit emerges from the crisp,  
layered champagne.

## Westin Wine Half Bottles

### Red

cabernet sauvignon 15.00

#### de martino, chile

a touch of mint enters the finish, while  
vanilla and blackberries dominate the palate

shiraz cabernet 15.00

#### sacred hill, australia

fresh fruit, berry and toasty vanilla oak.  
soft rounded tannins with good length

### White

semillion chardonnay 15.00

#### sacred hill, australia

this refreshing, zesty wine with its burst of fresh  
lemon/lime citrus flavours, is balanced with subtle

sauvignon blanc 15.00

#### de martino, maipo valley, chille

intense aromas of citrus fruit. nice acidity,  
fruitiness and a medium finish in the mouth.

