



# THOUGHTFULLY CRAFTED

At JW Marriott,® we strive to provide our guests with a holistic approach to well-being, which is why our chefs partner with community artisans, organic farmers and sustainable fisheries to deliver fresh, authentic cuisine that celebrates local flavors and overall wellness.



ORDER VIA MOBILE DINING BY  
SCANNING THE QR CODE AND  
DISCOVER DISHES PREPARED WITH  
SEASONAL VEGETABLES AND FRUITS  
HARVESTED IN OUR **JW GARDEN**



# YOUR GUIDE TO NOURISHMENT

*Enjoy this introduction to essential vitamins, minerals, fats and fibers, as well as a variety of nutritious ingredients to enjoy and savor.*



## VITAMINS

Best sourced through the foods we eat, vitamins are the building blocks of a healthy lifestyle.

### Foods rich in Vitamin B

MUSHROOMS | MILK | WHOLE GRAINS | DRIED FRUIT | SUNFLOWER SEEDS

### Foods rich in Vitamin C

CITRUS | KIWI | STRAWBERRIES  
MANGO | PAPAYA | BROCCOLI  
DARK LEAFY VEGETABLES

### Foods rich in Vitamins A and D

MILK | FISH | EGGS

### Foods rich in Vitamins E and K

WHEAT GERMS | SUNFLOWER SEEDS | DRIED FRUIT | PEANUT BUTTER  
DARK GREEN LEAFY VEGETABLES  
KALE | SPINACH

## MINERALS

**Minerals** keep your bones strong and your body balanced.

Calcium is important for strong, healthy bones and teeth.

YOGURT | BROCCOLI | WATERCRESS  
CHEESE | BOK CHOY | GOMBO | ALMONDS

**Potassium** is an electrolyte that regulates the flow of nutrients going in and out of cells.

POTATOES | SUN-DRIED TOMATOES  
RED BEANS | DRIED FRUITS | BANANA  
AVOCADOS | FISH

**Iron** is an essential element for blood production.

RED MEAT | PORK & POULTRY | SEAFOOD  
BEANS | KALE & DARK GREEN LEAF SPINACH

**Antioxidants** are beneficial in preventing diseases by prohibiting the oxidation of harmful molecules in the body.

EXTRA-VIRGIN OLIVE OIL | GOJI BERRIES  
WILD BLUEBERRIES | DARK CHOCOLATE  
PECANS | ARTICHOKES | KIDNEY BEANS  
CRANBERRIES | CLOVE | CINNAMON  
OREGANO | TURMERIC | COCOA | CUMIN  
PARSLEY | BASIL | THYME | WILD HONEY

## HEALTHY FATS & FIBER

Healthy fats and fiber stabilize blood sugar and cholesterol levels.

**Fiber** slows the rate that sugar is absorbed into the bloodstream, which keeps your blood glucose levels from rising too fast.

PEAS | LENTILS | BEANS | ARTICHOKES  
BROCCOLI | BRUSSELS SPROUTS  
AVOCADOS | OATS & WHOLE GRAINS

**Unsaturated fats**, including poly - and mono-unsaturated fats, have a positive effect on cholesterol levels.

OLIVE OIL | WALNUTS | PINE NUTS | PECANS  
AVOCADOS | PUMPKIN SEEDS | SPIRULINA

**Omega-3 fatty acids** are needed for many functions, from building healthy cells to maintaining brain and nerve function.

FLAXSEED OIL | FISH OIL | NUTS & SEEDS  
CHIA SEEDS | SALMON & COLD WATER FISH  
SOYBEANS | AVOCADOS | COOKED SPINACH

# ARTFULLY BLENDED

*Looking for a refreshing start to your morning? All juices and smoothies are brimming with healthy benefits and essential nutrients to invigorate body and mind. Available all day.*



## SATISFYING SMOOTHIES

### Stimulative VF, GF | 12

Lemon juice, orange, honey, yogurt, spinach, banana, ginger

POTASSIUM | VITAMINS C,K

### Minerals and Vitamins VF, GF | 12

Apple, cucumber, spinach, lemon, ginger, celery, avocado, banana, parsley

VITAMINS C, K, B, A | POTASSIUM | MINERAL SALTS

### Antioxidant Blend VF, GF | 13

Cocoa powder, soy milk, avocado | banana | spring water

VITAMINS K, B, A, E | POTASSIUM

## REVITALIZING JUICES

### Purify VF, GF | 11

Spinach, cucumber, green apple, celery, rosemary, lemon juice, ginger

VITAMINS C, K, A | MINERAL SALTS

### Veggie VF, GF | 11

Celery, carrots, cucumber, green apple, orange juice

VITAMINS C, K, B, A | MINERAL SALTS | FIBERS

### Energizer VF, GF | 11

Celery, cucumber, apple

VITAMINS A, B, C | MINERAL SALTS

# BREAKFAST

6.00 am – 11.00 am



## A BALANCED START

### Bircher Muesli V | 15

With hazelnuts and green apple

FIBERS | VITAMINS | FOLIC ACID

### Organic oat porridge V, GF | 15

With berries, skimmed milk, sunflower seeds

FIBERS | VITAMINS

### Eggs Poché V | 21

Served with whole meal toast and fresh spinach with sesame and sunflower seeds

VITAMINS A,D | IRON | CALCIUM

### Bruschetta | 24

Wholemeal bread topped with creamy avocado and smoked salmon

OMEGA 3 | POTASSIUM | IRON | VITAMINS

### Organic Yoghurt V | 12

Berries and muesli

IRON | POTASSIUM | VITAMINS

### Breakfast Box | 25

Black coffee, water, juice, milk, yoghurt, bread, boiled egg, cake of the day (Viennoiseries)

# BREAKFAST

6.00 am – 11.00 am

## CLASSIC

### Pancake V | 12

VITAMINS K, B, C | MINERAL SALTS

### Pancake with Nutella V | 16

VITAMINS K, B, C | MINERAL SALTS

### Pancake with maple syrup V | 16

VITAMINS K, B, C | MINERAL SALTS

### Pancake with Berries V | 16

VITAMINS K, B, C | MINERAL SALTS

### Fried Eggs V, GF | 12

VITAMINS | IRON | CALCIUM

### Eggs Benedict | 18

Served with roasted cooked ham, hollandaise sauce and toasted bread

VITAMINS | IRON | CALCIUM

### White Omelette | 16

Served with an ingredient of your choice for each category

**Proteins:** turkey in cooking oil, smoked salmon, bresaola, mackerel

**Vegetables:** tomatoes, spinach, taggiasca olives, peppers, mushrooms, avocado, zucchini

**Cheeses:** Ricotta cheese, Asiago cheese, Dobbiaco cheese, sweet Pecorino

VITAMINS | IRON

### Continental Breakfast V | 25

Served with basket of croissants, homemade bread, selection of jams, honey, butter, fresh seasonal fruit

VITAMINS | IRON | POTASSIUM | MINERAL SALTS

### Italian Breakfast V | 26

Served with basket of croissants, homemade bread, selection of jams, honey, butter, apple pie, nutella, rusks, fresh seasonal fruit

VITAMINS | POTASSIUM | MINERAL SALTS

### American Breakfast | 37

Served with basket of croissants, plumcake, homemade bread, cream filled doughnut, selection of jams, honey, butter, peanut butter

#### An egg of your choice:

scrambled eggs, fried eggs, omelette, poached egg, boiled egg

**Garnishes:** tomato, Dobbiaco cheese, bacon, mushrooms, roast sausage, avocado, beans

**A proposal of your choice:** milk porridge, pancake maple syrup, chocolate sauce

VITAMINS | POTASSIUM | MINERAL SALTS | FOLIC ACID

### Oriental Breakfast V | 39

Served with basket of homemade bread, honey and butter, soy sauce and sweet and sour sauce

#### An egg of your choice:

scrambled eggs, fried eggs, omelette, poached egg, boiled egg

**Garnishes:** tomatoes, Dobbiaco cheese, mushrooms, zucchini, avocado

**A proposal of your choice:** spring roll, noodle soup

VITAMINS | POTASSIUM | MINERAL SALTS

PLEASE, PLACE YOUR ORDER VIA MOBILE DINING OR BY CALLING NUMBER 9 WITH AT YOUR SERVICE AGENT

*In case of food allergies or intolerances, you can let us know by placing the order calling the "At Your Service" operator. Service and VAT included. The fish intended to be eaten raw has undergone a preventive treatment in compliance with the requirements of EC Reg. 853/2004, annex III, section VIII, chapter 3, letter D, point 3. Consumption raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase the risk of foodborne illness.*

# BREAKFAST

6.00 am – 11.00 am

## Fitness Breakfast | 35

Served with basket of croissants, homemade bread, selection of jams, honey and margarine, low-fat yoghurt and soy yoghurt, whole grain cereal

**An egg of your choice:**

white scrambled eggs, white omelette, poached egg, boiled egg

**Garnishes:** tomato, Dobbiaco cheese, bacon, mushrooms, roasted sausage, avocado, beans

**A proposal of your choice:**

cutted fresh fruit or wellness salad with crunchy vegetables

**A proposal of your choice:** turkey in cooking oil or smoked salmon

VITAMINS | OMEGA 3 | FIBERS

## Choice of Continental, Italian, American, Oriental and Fitness breakfasts

**Hot drinks:** espresso, double coffee, American coffee, barley coffee, cappuccino, chocolate, hot milk, latte macchiato, black tea, English breakfast, Darjeeling tea, green tea, fruit tea

**Paired with:** whole milk, cream, soy milk, skimmed milk, honey, lemon, fresh ginger

**Juices:** fresh orange juice, grapefruit juice, and apple juice, ACE, pineapple

## OMELETTE

### Create your Omelette V, GF | 16

With eggs from selected free-range farms, and served with

**Proteins:** turkey in cooking oil, smoked salmon, bresaola, mackerel

**Vegetables:** tomatoes, spinach, olives,peppers, mushrooms, avocado, zucchini

**Cheeses:** ricotta, Asiago, Dobbiaco cheese, sweet Pecorino

VITAMINS | IRON | PROTEINS | MAGNESIUM  
CALCIUM

## CHEF'S SIGNATURE

### My egg in saor V | 18

Poached egg cooked in sour spicy water with toasted bread, dried fruit, marinated onion, egg cream sauce

PROTEINS | FIBERS | MAGNESIUM | IRON |  
VITAMINS



# BREAKFAST

6.00 am – 11.00 am

## FAMILY FAVORITES

Served for four person

### American Breakfast | 106

Served with basket of croissants, plumcake, homemade bread, cream filled doughnut, selection of jams, honey, butter, peanut butter

#### An egg of your choice:

scrambled eggs, fried eggs, omelette, poached egg, boiled egg

**Garnishes:** tomato, dobbiaco cheese, bacon, mushrooms, roasted sausage, avocado, beans

**A proposal of your choice:** milk porridge, pancake, maple syrup, chocolate sauce

VITAMINS | POTASSIUM | IRON | SODIUM | MINERAL SALTS

### Italian Breakfast v | 81

Served with basket of croissants, homemade bread, selection of jams, honey, butter, apple pie, nutella, rusks, fresh seasonal fruit

#### Choice of American and Italian breakfasts

**Hot Drinks:** espresso, double coffee, American coffee, barley coffee, cappuccino, chocolate, hot milk, latte macchiato, black tea, English breakfast, Darjeeling tea, green tea, fruit tea

**Paired with:** whole milk, cream, soy milk, skimmed milk, honey, lemon, fresh ginger

**Juices:** fresh orange juice, grapefruit juice, and apple juice, ACE, pineapple

VITAMINS | POTASSIUM | CALCIUM | SODIUM

## SINGLE SERVING

### From the oven | v

2 Croissant (5), 2 Pain ou chocolate (6), 2 Cream filled doughnut (7), 2 Slices of toasted bread (wholemeal or white) (4), Apple pie and fresh fruit (8), Marbled cake and fresh fruit (8), Cheesecake (8), Selection of gluten free breakfast products (10)

SODIUM | POTASSIUM | CARBOHYDRATE

### Cold Cuts, cheese and fish

Small selection of cold cuts and cheeses (19), Cold cuts (14), Cheeses (14), Smoked and marinated fish (19)

VITAMINS B, E | SODIUM | POTASSIUM | CALCIUM | PROTEINS | OMEGA 3 | PHOSPHORUS

### Cereals and fruit | VF

Corn Flakes (4), Seasonal cutted fruit (7), Berries (9), Half a chopped grapefruit (4)

CALCIUM | VITAMINS | MINERAL SALTS | ANTIOXIDANT

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# BREAKFAST

6.00 am – 11.00 am

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## KID MENU

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### **Crepes** V | 10

Crepes stuffed with nutella

SODIUM | CALCIUM | NITRATE FREE | VITAMINS  
FREE BREEDING EGGS

### **Pancake** V | 10

Served with maple syrup

SODIUM | CALCIUM | NITRATE FREE | VITAMINS  
FREE BREEDING EGGS

### **La Coppa** VF GF | 10

Yogurt served with cereals and fresh fruit

CALCIUM | VITAMINS | FIBERS

### **Fresh apple pie** V | 7

SODIUM | POTASSIUM | CARBOHYDRATE |  
VITAMINS

### **The Egg** | 9

Omelette with cooked ham

CALCIUM | PROTEINS