Eat Well



In-Room Dining Menu

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Energize with SuperFoodsRxTM dishes made with ingredients packed with nutrients to power your day. Superformer

APPLES

Bursting with antioxidants, including polyphenols, flavonoids and vitamin C

AVOCADO High in fiber, folate, potassium, vitamin E and magnesium

BEANS

Low-fat source of protein, fiber, B vitamins, iron, folate and magnesium

BLUEBERRIES Packed with exceptionally high levels of antioxidant phytonutrients

BROCCOLI Generous amounts of fiber, vitamins B6, C and E and a healthy portion of vitamin K

CINNAMON One of the oldest known spices, long used in traditional medicine

DARK CHOCOLATE Provides antioxidant flavonols

DRIED SUPER FRUITS Concentrated source of health-promoting nutrients

EXTRA-VIRGIN OLIVE OIL Great source of vitamin E

GARLIC Nutrient rich, including vitamins B6 and C, phosphorous, zinc and selenium

HONEY Antioxidant activity stems from peptides, organic acids and enzymes

KIWI Offers vitamin C, folate, potassium and fiber and is a low-calorie source of vitamin E

LOW-FAT YOGURT Includes live, active cultures; protein; calcium and B vitamins

OATS

Low in calories, high in fiber, protein, magnesium, potassium, zinc and copper

ONIONS Rich dietary source of flavonoids and phytonutrients

ORANGES A potent source of vitamin C and rich in flavonoids

POMEGRANATES Abundant in potassium, vitamin C, polyphenols and vitamin B6

PUMPKIN

Low in calories and extremely high in fiber, vitamins C and E and carotenoids

SOY Great source of vitamins, minerals, plant protein and soluble fiber

SPINACH Contains iron, antioxidants, vitamin K, coenzyme Q10 and omega-3 fatty acids

TEA

Brimming with antioxidants and important vitamins and minerals

TOMATOES

Supply fiber and are a rich source of the antioxidant lycopene

TURKEY

One of the leanest meat protein sources, also contains vitamins B6 and B12 and zinc

WALNUTS

Provide fiber, protein, B vitamins, magnesium and antioxidant vitamin E

WILD SALMON

High in protein, and one of the richest sources of omega-3 fatty acids



Super toods

Indicates a SuperFoodsRx™ dish. SuperFoodsRx powerfully pairs together whole foods to boost nutritional composition and flavors.

Breakfast

Available from 06:30AM to 11:00AM

Powerfully paired - Our delectable SuperFoods dishes pair whole foods to boost their benefits and their flavours. Antioxidant-rich and naturally low in calories, our tempting selections make healthful meals impossible to resist.

Continental Breakfast \$56.00

JUICE

choice of one item apple / tropical / tomato / orange / pineapple

HOT BEVERAGE

choice of one item **TEA** chamomile / earl grey / english breakfast / green tea / jasmine / decaffeinated or

COFFEE freshly brewed / decaffeinated / espresso / flat white / cappuccino / mocha or

CHOCOLATE served hot or cold

MILK SELECTION full cream / skim / soy - hot or cold

BAKERY SELECTION

choice of three pastries and one toast selection danish pastry / plain croissant / chocolate croissant / muffin / wholemeal / white / multigrain

American Breakfast \$60.00

Two eggs any style, served with hash browns, roasted tomatoes, bacon and breakfast sausages

JUICE

choice of one item apple / tropical / tomato / orange / pineapple

HOT BEVERAGE

choice of one item **TEA** chamomile / earl grey / english breakfast / green tea / jasmine / decaffeinated or **COFFEE** freshly brewed / decaffeinated / espresso / flat white / cappuccino / mocha or **CHOCOLATE** served hot or cold **MILK SELECTION** full cream / skim / soy - hot or cold **BAKERY SELECTION** choice of three pastries and one toast selection danish pastry / plain croissant / chocolate croissant / muffin / wholemeal / white / multigrain

SEASONAL FRUIT PLATTER

THE AMERICAN BREAKFAST IS SERVED WITH BUTTER, MARGARINE, JAM, PEANUT BUTTER AND HONEY

Enjoy breakfast longer on weekends - turn to our Westin Weekend Breakfast Menu page for details.

All prices are in Fijian dollars and inclusive of 25% Fiji government taxes. F\$12.50 service charge is applicable to all In Room Dining orders. A 10% public holiday surcharge applies for all restaurant & bars.

Consuming raw or undercooked meats, seafood, shellfish or eggs may increase your risk of food-borne illness.

Superfoods Breakfast

HOMEMADE GRANOLA \$21.50 survey with toasted rolled oats, honey, hazelnuts and dried apple

POACHED EGGS BEEF PASTRAMI

AND WALNUT AIOLI BURGER \$42.00 www with slow roasted tomatoes

SILKEN TOFU (V) \$29.00 mm

GAZPACHO OF FRUITS (V) \$23.50 www.

WHOLEMEAL PIKELETS (V) \$28.50 with blueberry compote

Fresh by the Juicery

Revitalize and energize with Westin Fresh by The Juicery, an assortment of nourishing, healthy juices and smoothies. Curated in partnership with the experts at The Juicery, each of these custom blends packs a punch of refreshing goodness.

Papaya, pineapple, mint \$19.00

Beet, carrot, kale, apple, lemon, ginger \$19.00

Celery, cucumber, lime & coconut water \$19.00

Pineapple, cucumber, mint \$19.00

Breakfast

Available from 06.30AM to 11:00AM

Mains

SPANISH OMELETTE \$45.00 open omelette with spanish chorizo, sliced potato, capsicum, onion, tomato and prosciutto

POACHED EGGS, BEEF PASTRAMI AND WALNUT AIOLI BURGER \$42.00 ****

with slow roasted tomatoes

SILKEN TOFU (V) \$29.00 wwww with blueberry compote and roasted granola

HOMEMADE GRANOLA (v) \$21.50 and to apple to asted rolled oats, honey, hazelnuts and dried apple

VEGETARIAN FRIED RICE (v) \$35.00 chinese style fried rice with vegetables, served with dipping sauces

Eggs, Omelets and Breakfast Specialties

TWO FRESH EGGS \$38.00 fried, poached, scrambled or boiled served with grilled tomato, breakfast sausage, hash brown and bacon

THREE EGG OMELETTE \$42.50 with your choice of fillings, onion, tomato, capsicum, ham, bacon, smoked salmon or cheese served with grilled tomato and hash brown

WHOLEMEAL PIKELETS (v) \$28.50 www. with blueberry compote

VEGETARIAN CURRY OF THE DAY (v) \$35.00 served with jasmine rice, tawa roti and raita

FIJIAN LOLO BUN \$28.00 served with sweet coconut cream, caramelised banana

EGG WHITE OMELETTE \$31.00 smoked salmon and egg white omelette

Side Orders

HASH BROWN POTATOES (5) (v) \$15.50 STEAMED LOCAL GREEN BEANS (v) \$15.50 with toasted almonds

MIXED GREEN SALAD (v) \$15.50

GRILLED TOMATOES (v) \$15.50

BREAKFAST SAUSAGE \$15.50

FRIED BACON: SOFT OR CRISPY \$19.00

Fruit and Yoghurt

YOGHURT \$10.00 choose from low fat, regular or fruit flavoured

GAZPACHO OF FRUITS (v) \$23.50 www. with ginger

SLICED FRESH TROPICAL FRUITS (v) \$26.00 with fresh local coconut

FRESH FRUIT SALAD (v) \$24.00 with yoghurt

Cereal and Bakery Corner

BAKERY SELECTION \$24.00 selection of mini croissant, danish pastries and muffin (6 pieces)

TOASTED OR UNTOASTED \$18.00 choice of white, wholemeal, multigrain, rye or gluten free bread served with butter, margarine and a selection of preserves and honey

YOUR FAVOURITE CEREAL \$21.50 corn flakes, rice bubbles, coco pops, special k, all bran, weetbix and gluten free cereal served with your choice of skim, soy or full cream milk, hot or cold

OATMEAL \$19.00 brown sugar and raisins

Beverages

CHOICE OF CHILLED JUICES \$10.00 orange, pineapple, tomato, tropical or apple

FRESHLY SQUEEZED JUICE \$19.00 orange, watermelon or pineapple

FRESHLY BREWED COFFEE \$10.00 decaffeinated, flat white, espresso, long black, cappuccino or mocha

CHOICE OF TEA \$10.00 english breakfast, earl grey, green tea, jasmine, decaffeinated or chamomile

CHOCOLATE \$10.00 served hot or cold

MILK SELECTION \$9.50 full cream, skim and soy

WATER Fiji water 500 ml \$7.50 Fiji water 1000ml \$14.00 Aqua water 600ml \$6.00

SPARKLING WATER

San Pellegrino 500ml \$15.00 San Pellegrino 1000ml \$23.00 Perrier water 330ml \$16.00

Enjoy breakfast longer on weekends - turn to our Westin Weekend Breakfast Menu page for details.

All prices are in Fijian dollars and inclusive of 25% Fiji government taxes. F\$12.50 service charge is applicable to all In Room Dining orders. A 10% public holiday surcharge applies for all restaurant & bars.

Consuming raw or undercooked meats, seafood, shellfish or eggs may increase your risk of food-borne illness.

Eat Well Menu for Kids

Discover kids' meals that are as delicious as they are nutritious with the Westin Eat Well Menu for Kids, developed with SuperChefs™ to make kids and parents happy.

Available from 06.30AM to 11:00AM

Eat Well Kids

CEREAL \$13.50 served with seasonal fruit and milk

PEANUT BUTTER AND BANANA SANDWICH \$15.00 served on whole wheat bread with seasonal fruit

PANCAKE LOLLIPOPS \$23.00 banana and blueberry pancakes served with low-fat yoghurt, fruit salad and syrup

Lunch or Dinner Available from 11:00AM to 10:30PM

SALMON WITH SOBA NOODLES ASIAN STYLE \$30.00 see 20 see 20

CHICKEN FINGERS \$29.00 served with baked chicken with corn-flake breading served with carrots, celery sticks and low-fat ranch sauce

CHICKEN STIR FRY \$30.00 servers with brown rice and farmers market vegetables

CHICKEN WRAP \$17.00 with carrots, cucumber, bell pepper and avocado.

PENNE NAPOLITANA \$19.00 with parmesan cheese.

PAN FRIED LOCAL FISH \$23.00 with chips and sauteed green peas.

Dessert

CHOCOLATE PUDDING \$18.00 choice of ice cream

strawberry chocolate, vanilla or cookies and cream

ROASTED PINEAPPLE \$15.00 with crème fraîche and pistachios.

Westin Weekend Breakfast Menu

Available from 06:30AM to 3:00PM Saturday and Sunday

Weekends last longer at Westin hotels with extended breakfast hours. Whether you sleep in and slow down, or jump-start your day with a Westin WORKOUT, you can dine at your own pace.

HOMEMADE GRANOLA (V) \$21.50 Server with toasted rolled oats, honey, hazelnuts and dried apple

POACHED EGGS, BEEF PASTRAMI \$42.00 Means AND WALNUT AIOLI BURGER with slow roasted tomatoes WHOLEMEAL PIKELETS (V) \$28.50 with blueberry compote

GAZPACHO OF FRUITS (V) \$23.50 with Ginger

(V) - Vegetarian



Indicates a SuperFoodsRx™ dish. SuperFoodsRx powerfully pairs together whole foods to boost nutritional composition and flavors.

All-Day Dining

Available from 11.00AM to 10.30PM. Press 2# or dial 0.

Appetisers and Salads

KING CRAB AND SWEET POTATO CAKES \$49.00 and with homemade dipping sauce and hand picked salad

CARAMELISED PINEAPPLE CARPACCIO \$43.50 seared chilli prawns, toasted coconut and hand picked salad

TOMATO TART (v) \$30.00 slow roasted tomato, our farm grown basil pesto, feta cheese and rocket leaves

CAESAR SALAD garlic croutons, parmesan, crispy bacon, anchovies, caesar dressing and boiled egg

TRADITIONAL \$40.00

TANDOORI CHICKEN \$43.50

SMOKED SALMON \$50.00

FRESH GARDEN GREEN SALAD (v) \$35.00 mixed lettuce leaves, tomato, cucumber, spanish onion with basil vinaigrette

SOBA NOODLE SALAD WITH CHICKEN \$39.00 with asian vegetables and mango chilli dressing

Soups

LOCAL PUMPKIN SOUP (v) \$20.50 with crème fraîche and croutons

CHICKEN WONTON NOODLE SOUP \$30.00

Sandwiches and Burger

SERVED WITH STEAK FRIES OR GARDEN SALAD

CLUB SANDWICH \$43.50 toasted sandwich filled with grilled chicken, egg, bacon, tomato, cheese, mayonnaise and lettuce

PRIME BEEF BURGER \$49.00 with lettuce, tomato, grain mustard mayonnaise, bacon, sautéed onion, cheddar cheese and a fried egg

PANINI SANDWICH (V) \$35.00 with vegetables kofta, lettuce, tomato, shaved onion and raita dip

TANDOORI SALMON \$49.00 AND CHAPATTI ROLLS with mint chutney

Main Course

HALF ROAST CHICKEN \$53.00 served with sautéed long beans, semi roasted tomato and madeira jus

CHARGRILLED BEEF TENDERLOIN (220 GMS) \$70.00 served with potato fondant, buttered baby vegetables and mushroom jus

COMPRESSED LAMB SHOULDER \$60.00 with sweet potato puree, green pea pulp and blistered cherry tomato

SWEET AND SOUR SALMON SOUP \$59.00 with tomato and rice noodle

SWEET POTATO MASALA CURRY (v) \$39.00 served with jasmine rice and raita

FIJIAN CHICKEN CURRY \$49.00 served with jasmine rice, roti and raita

GRILLED FISH OF THE DAY \$49.00 with local spinach and Lolo sauce

BUTTER CHICKEN \$49.00 with rice, roti and raita

LAMB ROGAN JOSH \$52.00 with rice, roti and raita

FIJIAN STYLE CHICKEN PULAO \$48.00

SPAGHETTI BOLOGNESE \$52.00 shaved parmesan cheese

PENNE ALFREDO (v) \$49.00 mushroom, artichoke, olives, eggplant, capsicum, asparagus and onion with rich creamy sauce

SPANISH OMELETTE \$45.00 open omelette with spanish chorizo, sliced potato, capsicum, onion, tomato and prosciutto

SPAGHETTI NAPOLITANA (v) \$40.00 with parmesan cheese

(V) - Vegetarian

Super toods Rx

Indicates a SuperFoodsRx™ dish. SuperFoodsRx powerfully pairs together whole foods to boost nutritional composition and flavors.

All-Day Dining

Available from 11.00AM to 10.30PM. Press 2# or dial 0.

Snacks and Sides

SEASONED WEDGES (v) \$16.00

POTATO STEAK FRIES (v) \$16.00

STEAMED BROCCOLI (v) \$21.00 www. with toasted almond

GARDEN SALAD (v) \$16.00

Desserts

SLICED TROPICAL FRUITS (v) \$26.00 with fresh local coconut

SEASONAL FRUIT SALAD (v) \$24.00 with yoghurt

SELECTION OF CHEESE \$49.00 with crackers, fruit loaf slice and dried fruits

CARROT HALWA (v) \$27.00 with cinnamon and figs

BELGIUM CHOCOLATE CREMEUX AND RASPBERRY \$35.00

IVORY PISTACHIO CAKE \$35.00

DECONSTRUCTED LEMON MERINGUE TART \$35.00

Beverages

CHOICE OF CHILLED FRUIT JUICE \$10.00 orange, pineapple, tomato, tropical or apple

FRESHLY SQUEEZED JUICES \$19.00 orange, watermelon or pineapple

FRESHLY BREWED COFFEE \$10.00 decaffeinated, flat white, espresso, long black, cappuccino or mocha

CHOICE OF TEA \$10.00 english breakfast, earl grey, green tea, jasmine, decaffeinated or chamomile

CHOCOLATE \$10.00 served hot or cold

MILK SELECTION \$9.50 full cream, skim and soy

FIJI WATER Fiji water 500ml \$7.50 Fiji water 1000ml \$14.00

SPARKLING WATER San Pellegrino 500ml \$15.00 San Pellegrino 1000ml \$23.00

SOFT DRINK \$8.00 Coke, Coke Zero, Diet Coke, Sprite, Fanta Orange, Tonic, Soda water, Ginger ale

Enjoy breakfast longer on weekends - turn to our Westin Weekend Breakfast Menu page for details.

Consuming raw or undercooked meats, seafood, shellfish or eggs may increase your risk of food-borne illness.

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Late-Night Dining

Available from 10.30PM to 06.30AM. Press 2# or dial 0.

Appetisers and Salads

SOBA NOODLE SALAD WITH CHICKEN \$39.00 with asian vegetables and mango chilli dressing

TOMATO TART (v) \$30.00 slow roasted tomato, our farm grown basil pesto, feta cheese and rocket leaves

CAESAR SALAD \$40.00 garlic croutons, parmesan, crispy bacon, anchovies, caesar dressing and boiled egg

FRESH GARDEN GREEN SALAD (v) \$35.00 mixed lettuce leaves, tomato, cucumber, Spanish onion with basil vinaigrette

HOMEMADE GRANOLA (v) \$21.50 server toasted rolled oats, honey, hazelnut and dried apple

Soup

LOCAL PUMPKIN SOUP (v) \$20.50 with crème fraîche and sautéed croutons

Sandwiches and Burger

served with steak fries or garden salad

CLUB SANDWICH \$43.50 toasted sandwich filled with grilled chicken, egg, bacon, tomato, cheese, mayonnaise and lettuce

PRIME BEEF BURGER \$49.00 with lettuce, tomato, grain mustard mayonnaise, bacon, sautéed onion, cheddar cheese and a fried egg

Desserts

SLICED TROPICAL FRUITS (v) \$26.00 with fresh local coconut

CARROT HALWA (v) \$27.00 and tigs

BELGIUM CHOCOLATE CREMEUX AND RASPBERRY \$35.00 IVORY PISTACHIO CAKE \$35.00

Main Course

HALF ROAST CHICKEN \$53.00

served with sautéed long beans, semi roasted tomato and madeira jus

CHARGRILLED BEEF TENDERLOIN (220 GMS) \$70.00 served with potato fondant, buttered baby vegetables and mushroom jus

VEGETARIAN FRIED RICE (v) \$35.00 Super

BUTTER CHICKEN \$49.00 with rice.roti and raita

LAMB ROGAN JOSH \$52.00 with rice, roti and raita

SWEET POTATO MASALA CURRY (v) \$39.00 Served with Jasmine rice and raita

SPANISH OMELETTE \$45.00 open omelette with spanish chorizo, sliced potato, capsicum, onion, tomato and prosciutto

PENNE ALFREDO (v) \$49.00 mushroom, artichoke, olives, eggplant, capsicum, asparagus and onion with rich creamy sauce

SPAGHETTI NAPOLITANA (v) \$40.00 with parmesan cheese

Snacks and Sides

STEAMED BROCCOLI (v) \$21.00 Server with toasted almond POTATO STEAK FRIES (v) \$16.00 GARDEN SALAD (v) \$16.00

(V) - Vegetarian

Super toodaRs

Indicates a SuperFoodsRx™ dish. SuperFoodsRx powerfully pairs together whole foods to boost nutritional composition and flavors.

Sleep Well Menu



Enjoy these superfoods 1–2 hours before bedtime to enhance your rest and enrich your well-being. Available 24/7.

Bed Time Snack

NUTTY GRANOLA \$21.00 with skim milk

Sleep Well Items

GREEN SALAD (v) \$16.00

SEARED WILD SALMON \$55.00 warm three beans salad

OATMEAL TABOULEH \$19.00

Sleep Well Tea CHAMOMILE \$10.00

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

MELATONIN Resets sleep-wake cycles, combating jet lag and improving sleep quality

THIAMIN Important B vitamin that helps improve sleep patterns

MAGNESIUM & POTASSIUM

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

FOLATE Helps fight fatigue during the day and promotes sound sleep at night

SEROTONIN Promotes relaxation and induces sleepiness

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Alcoholic Beverages

Sparkling and Wines

By the glass

SA, Whale Point Brut \$18.00 SA, Table Mountain, Chardonnay \$18.00 SA, Table Mountain Sauvignon Blanc \$18.00 NZ, Saint Clair, Riesling \$25.00 AUS, De Bortoli Pinot Grigio \$18.00 SA, Table Mountain Shiraz \$18.00 SA, Table Mountain Merlot \$18.00 AUS, Tyrrells Old Winery, Pinot Noir \$25.00

Sparkling

SA, Whale Point Brut \$74.00 AUS, Moore's Creek Brut \$95.00 AUS, NV Chandon Brut \$161.00

White Wines

SA, Table Mountain, Chardonnay \$74.00 AUS, Moore's Creek, Chardonnay \$95.00 NZ, Saint Clair, Chardonnay \$129.00 AUS, Pepperton Estate, Chardonnay Semillion \$99.00 SA, Table Mountain Sauvignon Blanc \$74.00 AUS, Moore's Creek, Sauvignon Blanc \$95.00 NZ, Saint Clair, Riesling \$129.00 NZ, Saint Clair, Pinot Gris \$129.00 AUS, De Bortoli Pinot Grigio \$89.00

Red Wines

AUS, Moore's Creek, Merlot \$95.00 NZ, Saint Clair, Merlot \$129.00 SA, Table Mountain Merlot \$74.00 SA, Table Mountain Cabernet Sauvignon \$74.00 SA, Table Mountain Shiraz \$74.00 AUS, Moore's Creek, Shiraz \$95.00 AUS, Moore's Creek, Cabernet Sauvignon \$95.00 AUS, Pepperton Estate, Goodwyn Shiraz \$99.00 AUS, Tyrrells Old Winery, Pinot Noir \$109.00

Spirits

A wide range of local and international spirits are available upon request

Beers & Cider

Corona 355ml \$18.00 Macs 'mid vicious, pale ale 330ml \$18.00 Macs 'great white', wheat beer 330ml \$18.00 Vonu pure lager 330ml \$15.00 Fiji gold 375ml \$14.00 Fiji bitter 375ml \$14.00

Beverages

CHOICE OF CHILLED FRUIT JUICE \$10.00 orange, pineapple, tomato, tropical or apple

FRESHLY SQUEEZED JUICES \$19.00 orange, watermelon or pineapple

FRESHLY BREWED COFFEE \$10.00 regular or decaf, flat white, espresso, long black, cappuccino or mocha

CHOICE OF TEA \$10.00 english breakfast, earl grey, green tea, jasmine, decaffeinated or chamomile

CHOCOLATE \$10.00 served hot or cold

MILK SELECTION \$9.50 full cream, skim and soy

FIJI WATER Fiji water 500ml \$7.50 Fiji water 1000ml \$14.00

SPARKLING WATER San Pellegrino 500ml \$15.00 San Pellegrino 1000ml \$23.00 Perrier water 330ml \$16.00

SOFT DRINK \$8.00 Coke, Coke Zero, Diet Coke, Sprite, Fanta Orange Tonic, Soda water, Ginger ale

All prices are in Fijian dollars and inclusive of 25% Fiji government taxes. F\$12.50 service charge is applicable to all room service orders. A 10% public holiday surcharge applies for all restaurant & bars.

Responsibility matters. State law prohibits the consumption of alcohol by persons under the age of 18.

Hotel Venues

You will find everything you need from all our Restaurants & Bar.

KITCHEN GRILL

Fiji's premier grill restaurant in our stunning ocean front location. Light lunch, prime imported steaks and more.

Lunch available at the poolside also

HOURS Open Daily

11:00AM-10:00PM

LOCATION Ocean side dining venue.

ZING RESTAURANT

Zing ensures authentic culinary experiences with a mix of Chinese and Indian influences. Asian favourites and authentic curries burst with flavours, colours and textures. At Zing you can share an array of dishes with family and friends.

HOURS

Open Daily

5:30PM-10:00PM

LOCATION Facing our poolside overlooking Kitchen Grill.

WESTIN BAKERY

Westin Bakery is your one stop shop for all your gourmet treats. In search of a freshly brewed espresso or tea to go, specialty sandwiches, freshly baked pastries our cozy indoor air conditioned venue is the place for you.

HOURS Open Daily

7:00AM-5:00PM

LOCATION Right beside our loudge.

OCEAN TERRACE

Ideal place to enjoy a superb buffet breakfast.

Cuisine: American or Continental buffet.

HOURS Open Daily

6:30AM-10:30PM

LOCATION

Facing our poolside overlooking Kitchen Grill.

COCO PALMS

Home to Fijian Culture and Food. Experience the legends, stories, history and myths of Fiji. Guests are taken on a cultural journey with a fashion show, traditional Meke performance that tells stories of love, legend and history through the art of song and dance. Be amazed with the mysterious world of fire walking and indulge in a lovo buffet.

HOURS

Time: Gate opens at 6.00pm Show at 6.30pm

Wednesday and Saturday.

Children 3yrs and under free when dining with parents.

LOCATION

Beside our bowling ground with an open space where you can feel the breeze.

SHERATON FIJI RESTAURANTS

FLYING FISH OPEN DAILY 11:00AM—10:00PM

WET EDGE OPEN DAILY 11:00AM—9:00PM

FEAST

BREAKFAST BUFFET 6:30AM—10:30AM DINNER 6:00PM—10:00PM

PORTS O'CALL OPEN MONDAY-SATURDAY 6:00PM—10:00PM

PANTRY OPEN DAILY 7:00AM—6:00PM