



DELTA
HOTELS
MARRIOTT

CALGARY DOWNTOWN

The Taste of Wellness

Fresh, wholesome ingredients and health-conscious choices make these great menu options a truly enriching experience.

BREAKFAST \$35

Your choice of

Whole fruit, oatmeal, scrambled egg whites, overnight oats, fresh fruit smoothies, yogurt parfaits, turkey bacon, turkey sausage, overnight oats, baked baby potatoes

Or

Vegetarian frittata, fresh fruit smoothies, sliced fruit, whole fruit, mini banana oats pancake stacks, oatmeal muffins, muesli mix, granola with skim/almond/soy milk

Or

Quinoa quiche bites, vegan chickpea frittata, vanilla chia pudding, sesame zucchini loaf, mini smoothie bowls with dehydrated fruit, fruit and nut granola squares

MORNING BREAK \$16

Your choice of

Whole fruit, yogurt parfaits, fresh fruit smoothies, bottled juice and water

Or

Banana bread, lemon-cranberry loaf, whole fruit, freshly baked muffins, bottled juice and water

Or

Fruit and nut granola bars, peanut butter protein bites, yogurt breakfast bark, whole fruit, bottled juice and water





LUNCH \$45

Your choice of

Broth-based soup | artisan mixed greens with Chef's choice of vinaigrette | Wrap #1 – chicken with cucumber, raisins, cashews, curry aioli, arugula, pickled red onion, or Wrap #2 – Swiss chard, fennel, bell pepper, red pepper hummus, pesto, goat cheese, Tuscan mix | dessert – seasonal fresh fruit, yogurt parfaits

Or

Broth-based soup | artisan mixed greens with Chef's choice of vinaigrette | oven-baked rolled oats tuna cakes | avocado-hummus toast with hard-boiled egg and baby gem tomatoes | dessert – oatmeal chocolate chip and pecan cookies

Or

Broth-based soup | green bean and rice vermicelli salad with cherry tomatoes | hot tabbouleh with chicken and roasted red pepper | chimichurri couscous pita pockets with fresh vegetables | dessert – mini apple tarte tatin

AFTERNOON BREAK \$16

Your choice of

Vegetable crudités, tortilla chips, guacamole, salsa, bottled juice and infused water

Or

Zucchini chips, kale chips, build-your-own trail mix, granola squares, bottled juice and infused water

Or

Dehydrated fruit and vegetables, beet chips with curried yogurt, spinach-banana-avocado-orange smoothie, bottled juice and infused water



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