

IN ROOM DINING

EQUINOX HOTEL | HUDSON YARDS

In this menu, you'll find everything you need to fuel your day, from the moment you wake up through bedtime. From HIGH-PERFORMANCE Breakfast and NOURISHING DINNERS to our special SLEEP-PROMOTING and AFTER-HOURS menus. We've collaborated with the nutritional experts on our Health Advisory Board to bring you a menu based on cutting-edge research. This hyper-seasonal menu has been designed to promote cell renewal, muscle recovery, strength and for occasional pleasure.

Many of the items on our menu contain functional, bio-active ingredients with exemplary health benefits. Some are a bit exotic, so we've included a detailed GUIDE + GLOSSARY at the end of this menu. Every Monday our chef will feature our #EQXPANTRYEDITION with the latest ingredients to stock your shelves with superior foods. We want you to know what goes into our recipes — and your body.

In good health,
Equinox Hotels

Dial In Room Dining or order directly via your in room iPad

For your convenience, an 18% gratuity will be added to all orders to be distributed to the In Room Dining employees. A separate \$10 delivery fee will be added and retained by the hotel to cover its administrative expenses and is not a staff gratuity.

SUPERFOOD LATTES

HIGH PERFORMANCE BREAKFAST

MORNING BEVERAGES

VEGAN BREAKFAST

KIDS BREAKFAST

ALL DAY DINING

DESSERTS

SLEEP WELL MENU

BEVERAGES

EQUINOX HOTEL GUIDE + GLOSSARY

A muscular man is shown from the back, standing in a warm, orange-gold light. He is wearing dark shorts and is bare-chested. The lighting highlights his muscle definition, particularly in his back, shoulders, and legs. The background is a solid, warm orange color.

AN EXTRA BOOST

Healthy meals are vital for high performers, but sometimes they're not enough. To help you maximize your day and night, we offer a variety of energy boosting adaptogenic SUPERFOOD LATTES, convenient and nutritious PERFORMANCE KITS, scientifically sound SLEEP AIDS and cutting-edge IV VITAMIN DRIPS.

SUPERFOOD LATTES

24/7 DAILY

Superfoods are nutrient-dense and contain beneficial phytochemicals, antioxidants, vitamins, minerals, and various anti-inflammatory compounds.

Our super potent lattes are made with the highest-quality products from Sun Potion, Moon Juice, Golde, Goldyn Glow, Four Sigmatic and Beekeeper's Naturals.

Lattes change with the season.

LATTES

\$13

BEAUTY BLEND

beetroot powder | cinnamon | ginger root | collagen | almond milk

EQX MATCHA

by TENZO | original blend | maple syrup | almond milk

GOLDEN MILK

organic turmeric | ashwagandha | dates | oat milk

CHAI

by dona | masala chai blend | probiotics | ashwagandha | oat milk

COFFEE SUPER LATTE

coffee | ashwagandha | lions mane | reishi | probiotics | oat milk | coconut cream

PUMPKIN SPICE LATTE

milled spices | reishi | lions mane | coconut cream | oat milk

HIGH-PERFORMANCE BREAKFAST

7AM – 11:30AM DAILY

Nutrient-dense ingredients for clean energy and optimal performance.

SMOOTHIES

\$17

GUT HEALTH SMOOTHIE

blueberries | beet | flaxseed | medjool date | vanilla protein powder | almond milk

ANTI-INFLAMMATORY SMOOTHIE

oats | banana | yogurt | turmeric | ginger | chia seeds | vanilla pea protein | almond milk

BRAIN FUEL SMOOTHIE

date | flaxseed | ashwagandha | orange blossom | almond milk

REGENERATING SMOOTHIE

kiwi | banana | crushed almonds | chamomile | almond butter | almond milk

MIXED BERRY SMOOTHIE

mixed berries | plant-based berry probiotic | whey protein | chia seed

IMMUNITY SMOOTHIE

mango | pineapple | papaya | camu camu powder | amla | kefir

NUT NOURISHMENT SMOOTHIE

peanut butter | spinach | banana | cacao nibs | chocolate pea protein | almond milk

OATMEAL

rolled oats | mixed berries | oat milk | honey

BERRY ACAI BOWL

banana | mixed berries | oat milk | protein powder | almond butter

BEAUTY BOWL

beet yogurt | honey crisp apple | grapes | orange segments | pistachio | bee pollen

FRESH + ENERGIZING BOWLS

\$19

CHIA SEED BOWL

coconut milk | cacao | brazil nuts | dates | blackcurrants

MANGO MATCHA BOWL

mango | pineapple | matcha powder | chia seeds | spinach | plant-based protein | flaxseed | goji berries | cocoa nibs | almond milk

YOGURT

choice of A2 yogurt or vegan yogurt | add granola \$3 | add banana \$3 | add berries \$3

\$14

HALF GRAPEFRUIT

turmeric infused manuka honey

BREAKFAST

MORNING BEVERAGES

Hot or Iced

COFFEE

LA COLOMBE Monaco blend	
SMALL POT OF COFFEE	\$12
LARGE POT OF COFFEE	\$20
ESPRESSO AMERICANO	\$8
CAPPUCCINO LATTE	\$10
ICED COFFEE	\$10

TEA + WARM BEVERAGES

Assortment of MET custom tea blends for Equinox Hotels	\$10
JUICES orange grapefruit apple cranberry	\$12
GREEN JUICE kale apple celery collard greens lemon ginger	\$15
CELERY JUICE	\$15
HOT WATER + LEMON	\$4
BONE BROTH organic chicken bone broth rosemary turmeric	\$18

WARM + COMFORTING

AVOCADO TOAST WITH EGGS	\$27	2 poached eggs spiced seed crumble toasted spelt bread
BREAKFAST SANDWICH	\$24	scrambled eggs bacon or turkey bacon or chicken sausage spicy aioli cheese ciabatta
BUTTERMILK PANCAKES	\$22	fresh berries whipped butter maple syrup gluten free available
SMOKED SALMON BENEDICT	\$24	two poached eggs smoked salmon hollandaise sauce English muffin
EGG OMELET	\$28	3 farm eggs choice of toast
TWO EGGS	\$12	2 eggs any style
TURKISH EGGS	\$24	2 poached eggs tahini yogurt Aleppo oil toast
KIMCHEE SCRAMBLE	\$27	Fermented cabbages spring onions garlic choice of eggs or tofu choice of toast
TWO EGGS + MEAT	\$26	any style choice of chicken sausage, turkey or pork bacon choice of toast
NY BAGEL WITH LOX	\$30	Plain or everything bagel smoked salmon capers red onion sliced tomato

BREAKFAST

BREAKFAST

Milk Selections Oat | Almond | Whole | Skim | 2%

BREAKFAST COMBINATIONS

BREAKFAST

THE EQUINOX BREAKFAST

\$38

AVOCADO TOAST | 2 poached eggs | spice seed crumble |
toasted spelt bread

Choice of juice | add \$3 for green or celery juice

Pot of coffee or blended tea

THE AMERICAN BREAKFAST

\$39

TWO EGGS ANY STYLE | add \$3 for egg whites | chicken sausage
| mixed berries | choice of toast

Choice of juice | add \$3 for green or celery juice

Pot of coffee or blended tea

THE NEW YORK BREAKFAST

\$38

smoked salmon | bagel | red onion | capers | tomato | cream cheese

Choice of juice | add \$3 for green or celery juice

Pot of coffee or blended tea

BREADS + BAKED GOODS

\$18

BAKERY BASKET | assorted mini pastries | croissant |
muffin

\$8

CHOICE OF TOAST | served with homemade butter
+ homemade superfood jam

\$12

BAGEL WITH CREAM CHEESE | served with cream
cheese + homemade seasonal superfood jam

SIDES

\$12

BERRIES
mixed blackberries | blueberries | raspberries | strawberries

\$10

HASH BROWN

\$12

CHICKEN SAUSAGE

\$12

TURKEY BACON

\$12

FRESH FRUIT
mixed apples | bananas | grapes | oranges

\$8

HALF AVOCADO

\$12

PORK BACON

\$14

ROASTED POTATOES

BREAKFAST

VEGAN BREAKFAST

MANGO MATCHA BOWL	\$19	mango pineapple matcha powder chia seeds spinach plant-based protein flaxseed goji berries cocoa nibs
TOFU SCRAMBLE	\$14	olive oil garlic nutritional yeast
VEGAN YOGURT	\$14	vegan yogurt add granola \$3 add banana \$3 add mixed berries \$3
VEGAN KIMCHEE SCRAMBLE	\$27	fermented vegetable spring onions garlic tofu
AVOCADO TOAST	\$21	spelt bread basil spiced seed crumble
OATMEAL	\$19	rolled oats mixed berries oat milk honey
REGENERATING SMOOTHIE	\$17	Kiwi banana crushed almonds chamomile almond butter almond milk
BRAIN FUEL SMOOTHIE	\$17	date flaxseed ashwagandha orange blossom almond milk
MIXED BERRY SMOOTHIE	\$17	mixed berries plant-based berry probiotic chia seeds
FRESH FRUIT	\$10	mixed apples bananas grape oranges
BERRIES	\$12	mixed blackberries blueberries raspberries strawberries
HALF AVOCADO	\$8	
HALF GRAPEFRUIT	\$14	turmeric-infused manuka honey

KIDS BREAKFAST

BUTTERMILK PANCAKES	\$16	market berries buttermilk whipped butter NY maple syrup
OATMEAL	\$16	rolled oats oat milk fresh berries
BREAKFAST CEREALS	\$14	Corn flakes raisin bran special k frosted flakes frosted mini wheats
TWO EGGS	\$16	market berries toast
JUICES	\$10	choice of orange grapefruit apple cranberry
MILKS	\$8	choice of whole skim almond oat

BREAKFAST

BREAKFAST

ALL DAY DINING

11:30AM – 10:59 PM
DAILY

STARTERS & SANDWICHES

CHICKEN NOODLE SOUP	\$19	Chicken noodles
TOMATO SOUP	\$19	cream basil celery
CHICKEN NOODLE SOUP	\$19	egg noodles fresh vegetables
AVOCADO + KALE SALAD	\$23	romaine + kale avocado tomato lemon vinaigrette choice of protein
CAESAR SALAD	\$22	romaine + kale creamy caesar dressing croutons choice of protein
VEGGIE SANDWICH	\$26	hummus scallions watermelon radish sprouts cucumber fennel dill parsley avocado choice of spelt or lettuce wrap
GRILLED CHEESE SANDWICH	\$24	Balthazar wheat bread butter cheddar
TURKEY SANDWICH	\$28	smoked turkey pickled shallot celery root honey crisp apple mayo choice of spelt or lettuce wrap
GRASS-FED BURGER	\$32	cheddar horseradish aioli iceberg lettuce brioche bun or lettuce wrap salad or fries
BLAST	\$26	bacon avocado lettuce tomato mayo choice of spelt or lettuce wrap salad or fries
FANCY VEGETABLES AND DIP	\$16	tiny radish beet carrot leek parsnip fermented carrot miso muhammara
SOUP + SANDWICH	\$26	choice of soup and half sandwich
SOUP + SALAD	\$26	choice of soup and half salad
SALAD + SANDWICH	\$26	choice of salad and half sandwich

ALL DAY DINING

ENTREES

\$26	GOCHUJANG TOFU kimchee steamed brown rice
\$42	ROASTED WILD-CAUGHT TILEFISH pickled cucumbers ginger fermented carrot-miso sauce
\$62	STEAK FRITES sirloin garlic butter fries
\$70	12oz SIRLOIN + 2 SIDES maitre'd butter choice of two sides
\$58	FREE-RANGE CHICKEN + TWO SIDES organic free-range chicken choice of two sides
\$48	SALMON + 2 SIDES roasted salmon choice of two sides

MARKET SIDES

\$12	SIMPLE GREEN SALAD mixed greens lemon + white balsamic vinaigrette
\$14	FRENCH FRIES GRILLED SWEET POTATOES ROASTED POTATOES
\$10	BROWN RICE
\$8	HALF AVOCADO SAUTEED KALE STEAMED BROCCOLI
\$16	SAUTEED MUSHROOMS GRILLED CARROTS

BOWLS

\$23	AVOCADO KALE SALAD romaine kale avocado tomato lemon vinaigrette
\$36	ROASTED CHICKEN BOWL grilled sweet potatoes kale sprouts fermented miso
\$24	MUSHROOM BOWL kale sweet potato black sesame honey tahini lemon
\$20	LITTLE GEM LETTUCE cucumber crunchy seeds yogurt dressing
\$38	SALMON BOWL roasted salmon pickled ginger pickled cucumbers fermented miso

VEGAN ALL DAY

\$23	AVOCADO + KALE SALAD romaine + kale avocado tomato lemon vinaigrette choice of protein
\$24	MUSHROOM TACOS mushrooms tomatillo jalapeno corn tortilla sesame seed sprinkle order of four
\$32	FANCY VEGETABLES + DIP tiny radish beet carrot leek parsnip muhamarraj fermented carrot-miso dip
\$24	VEGGIE SANDWICH hummus scallions watermelon radish sprouts cucumber fennel dill parsley avocado choice of spelt or lettuce wrap
\$26	GOCHUJANG TOFU brown rice kimchee broccoli rabe



ALL DAY DINING

COMFORT FOOD

- \$16 GARLIC BREAD
ciabatta | garlic butter | marinara | pesto
- \$24 MUSHROOM TACOS
mushrooms | tomatillo | jalapeno | corn tortilla | sesame seed sprinkle | order of four
- \$32 GRASS-FED BEEF BURGER
American cheese | horseradish aioli | iceberg lettuce | brioche bun of lettuce wrap | salad or fries
- \$28 MARINARA PASTA
spaghetti | red sauce | can be made gluten-free
- \$34 PESTO PASTA
spaghetti | parmesan | pine nuts | basil | can be made gluten-free
- \$28 ALFREDO PASTA
spaghetti | parmesan | pecorino | can be made gluten-free
- \$27 CHICKEN FINGERS
French fries | choice of dipping sauces
- \$19 CHEESE PIZZA
Wheat flour dough | Italian tomato sauce | mozzarella cheese| individual size
- \$21 PESTO PIZZA
Wheat flour dough | pesto | mozzarella cheese| individual size
- \$21 WHITE PIZZA
wheat flour dough | pecorino | parmesan | mozzarella cheese | individual size
- \$21 PEPPERONI PIZZA
wheat flour dough | Italian tomato sauce | pepperoni | mozzarella cheese | individual size

DESSERTS

- \$16 DARK CHOCOLATE MOUSSE CAKE
Dark chocolate mousse | Vanilla whipped cream
- \$16 CHEESECAKE
Cheesecake | Blueberry Compote| Can be made gluten-free
- \$16 SEASONAL ICE CREAM
scoops of vanilla or chocolate ice cream
- \$12 COOKIES
2 chocolate chip cookies
- \$12 SUPERFOOD COOKIES
Oat | barley | quinoa | goji berry | chocolate chip | pepitas
- \$16 PARAD'ICE ICE CREAM
gourmet, creamy and indulgently good to you. rich in Protelicious Whey Protein Concentrate | 9g quality protein per serving | no added sugar | diabetic and keto friendly | True Deep Chocolate exclusively with Valrhona Chocolate
- \$35 CHEESE PLATE
Dried fruits | jam | toast points

ALL DAY DINING

SLEEP-WELL MENU

8PM – 11PM NIGHTLY



Sleep is one of the most essential components to a high-performance life. Enhance the quality of yours with these expertly curated smoothies and snacks. All items on our Sleep-Well Menu have been carefully developed using a rich supply of magnesium, melatonin and targeted adaptogens to promote restful sleep.

Please consume 2 hours before bedtime for optimal regeneration.

SLEEP-WELL

\$14

SLEEPTIME SUPERLATTE | chicory | carob | vanilla bean | sleep herbs | adaptogens | oat milk

\$18

BONE BROTH | organic chicken | rosemary | turmeric

\$14

SOOTHING HOT COCOA | dark chocolate | ashwagandha | lions' mane | oat milk

\$22

EQUINOX POWER DOWN TEA BOX
our proprietary sleep tea using adaptogen herbs, flavonoids + antioxidants to aid digestion, fight insomnia + stress
chamomile | valerian root | tulsi | skullcap | lavender | fennel | lemon | Hawthorne fruit | Full box of tea containing 25 teabags

SLEEP-WELL

BEVERAGES

REFRESHERS

- \$11 ICED TEA | unsweetened iced tea
- \$12 FIJI WATER
1L
- \$12 S. PELLEGRINO WATER
1L
- \$8 Sodas | Coke | Diet Coke | Sprite | Ginger Ale

BEERS

- \$14 BROOKLYN LAGER | Brooklyn, NY
- FLOWER POWER IPA | Ithaca, NY

SPIRITS

- \$22 | \$320 GIN | BOMBAY SAPPHIRE
Choice of one mixer | bottle
- \$25 | \$450 WHISKEY | LAGAVULIN 16 YEAR
Choice of one mixer | bottle
- \$22 | \$320 VODKA | BELVEDERE
Choice of one mixer | bottle
- \$22 | \$320 VODKA | GREY GOOSE
Choice of one mixer | bottle
- \$65 | \$750 TEQUILA | DON JULIO
1942
Choice of one mixer | bottle
- \$25 | \$450 TEQUILA | CASAMIGOS REPOSADO
Choice of one mixer | bottle
- \$22 | \$320 RUM | BACARDI SUPERIOR
Choice of one mixer | bottle
- \$750 TEQUILA | CLASE AZUL
bottle

SPECIALTY COCKTAILS

WHITE NEGRONI

Via Carota bottled cocktail. Our take on a modern classic. Forthave's secret White Aperitivo, dry gin, and a vermouth blend.

ESPRESSO MARTINI

Via Carota bottled cocktail. The espresso martini traces its roots to the early 1980s. Ours is balanced by the union of six-times distilled vodka with real espresso.

OLD FASHIONED

bulleit bourbon | simple | ango bitters | regan's bitters

\$22

CLASSIC NEGRONI

Via Carota bottled cocktail. The drink that inspired it all. Features Forthave Red Aperitivo, dry gin, and bespoke vermouth.

SIGNATURE MANHATTAN

Via Carota bottled cocktail. The perfect balanced Manhattan. Charred oak-aged, four-year rye whiskey is enhanced with sweet vermouth and a blend of bitters

SPICY MARGARITA

reposado tequila | agave | lime | jalapeño

CELERY GIMLET

vodka or gin | celery juice | lime juice | simple

COMPARI SPRITZ

campari | prosecco | club soda

MIMOSA

prosecco | orange juice

ST. GERMAINE

gin | st. germain | lemon juice | prosecco

BEVERAGES

WINES BY THE GLASS

	G	BT
SPARKLING		
PROSECCO Bisol Crede Brut	\$19	\$90
CHAMPAGNE Louis Roederer Brut Cristal 2008		\$950
CHAMPAGNE Dom Perignon Rose Vintage 2009		\$950
CHAMPAGNE Dom Perignon 2013		\$750
CHAMPAGNE Veuve Clicquot Brut NV	\$31	\$180
CHAMPAGNE Ruinart Blanc de Blancs		\$215
CHAMPAGNE Ruinart Rosé		\$215
CHAMPAGNE Krug Grande Cuvee		\$350
	G	BT
WHITE		
PINOT GRIGIO Santa Margherita	\$22	\$95
SAUVIGNON BLANC Cloudy Bay New Zealand, 2022	\$23	\$90
CHARDONNAY Sebella Sonoma County, 2018	\$25	\$105
CHARDONNAY Stags Leap Napa Valley, 2019	\$23	\$95
SAUVIGNON BLANC Loveblock Marlborough, New Zealand	\$19	\$80
SANCERRE Les Grands Monts France	\$22	\$90
SAUVIGNON BLANC Whitehaven Marlborough New Zealand 2020	\$19	\$80
CHARDONNAY Cakebread Cellars Napa Valley 2020		\$150
PULIGNY MONTRACHET France		\$600
	G	BT
ROSÉ WINE		
CHAMPAGNE ROSÉ Billecart Salmon NV	\$38	\$215
ROSÉ Minuty Cotes De Provence, France	\$22	\$85
ROSÉ Miraval Studio Northern Rhone, France		\$70
ROSÉ Copain Mendocino County, California		\$95

BEVERAGES

RED WINE

	G	BT
PINOT NOIR Siduri Willimatte Valley, Oregon	\$23	\$96
BORDEAUX Chateau La Grangere St. Emilion, France	\$23	\$90
BORDEAUX La Sacriste De La Vielle Cure Fronsac, France		\$85
CABERNET SAUVIGNON Orin Swift Palermo Napa Valley, CA	\$25	\$95
CABERNET SAUVIGNON Caymus Cabernet Napa Valley, CA	\$22	\$315
CABERNET SAUVIGNON Joseph Phelps Napa Valley, CA		\$280
MERLOT Freemark Abbey Napa Valley, CA	\$22	\$95
CABERNET FRANC Lang + Reed North Coast, CA		\$70
GAMAY Moulin A Vent Burgundy, France	\$27	\$120

EQUINOX HOTEL GUIDE + GLOSSARY

Functional ingredients we use in our menu

Algae (blue majik, chlorophyll, spirulina)

The deeply hued algae is one of the most nutrient-dense foods that helps detoxify the blood, energize the body and stimulate the immune system with radically high levels of protein and vitamins.

Amaranth

Gluten-free and an exceptional thickener, this super-grain has yet to be discovered by the masses. High in lysine, an essential amino acid, and incredibly protein dense.

Amla

Indian gooseberry, high vitamin-C content, improves heart health, increases metabolic activity, cures sore throat and boosts immunity.

Apple-Cider Vinegar

This versatile and delicious vinegar is non-acid-forming, rich in potassium and enzymes and can be enjoyed liberally.

Ashwagandha

An ayurvedic adaptogen that helps enhance focus and mental stamina while boosting mood and helping the body cope with stress.

Bee Pollen

Nectar of the gods. Rich in antiviral and antibacterial compounds, and high in vitamins and minerals.

Cacao

It's not just a beautiful flavor enhancer, it's also incredibly rich in benefits for your body and mind. Packed with antioxidants (40 times the amount found in blueberries!), heavy in magnesium and a known mood enhancer.

Chaga

Mushrooms are nutritional powerhouses, making them one of the most heavily researched foods around, especially by pharmaceutical companies. Boasting the highest level of antioxidants of any superfood, beta-D-glucans and compounds that have been linked to help in the fight against cancer, this mushroom has it all.

Chia Seeds

Considered to be one of the healthiest foods on the planet, expect better digestive health, increased endurance, skin that ages gracefully, stronger bones and reduced inflammation.

Cordyceps

The secret weapon of endurance athletes cordyceps are a medicinal mushroom, supporting the immune and respiratory system.

Hemp Seeds

An abundant source of phytonutrients, rich in vitamins and minerals, high in GLA (gamma linoleic acid), which has been shown to be beneficial to hormone health, rich in soluble and insoluble fiber and are a perfect protein.

Jackfruit

A tropical Indian super nutritious fruit that contains high levels of vitamin C, carotenoids and flavanones which has been shown to reduce heart disease, replenish energy and improve blood quality.

Manuka Honey

From New Zealand this honey has the highest concentrated antibacterial and antibiotic power more potent than regular honey

MCT Oil

Medium-chain triglyceride (MCT) oil contains medium-length chains of fats commonly extracted from coconut oil. Helps promote weight loss, instant source of energy, increase muscle mass and strength.

Moringa

A large tree native to North India. Rich in nutrients, protein, vitamin B6, Vitamin C, riboflavin, iron and antioxidants. Reduces inflammation and protects against toxicity.

Skullcap

From the mint family, Skullcap relieves insomnia, anxiety, nervous tension and inflammation.

Tahini

Paste made from Sesame seeds. Rich in minerals such as phosphorous, magnesium, potassium and iron. Helps with liver detox, promote healthy cell growth and muscle tone. Also high in vitamin E and B vitamins.

Tocos

Rice bran soluble superfood with a high source of vitamin E, promoting healthy skin and connective tissue and detoxification.

Turmeric

Native to India, curcumin is the main active ingredient in turmeric. It is a powerful, anti-inflammatory antioxidant. Linked to improved brain function and can prevent cancer.

Valerian Root

A herb native to Europe and parts of Asia. Aids with stress, insomnia and improving sleep quality without any side effects.

EQUINOX HOTELS