



Sheraton

Savor the day

Openers

- ICEBERG WEDGE AND TOMATO**
Blue cheese, spring onions 7.50
- HOME-STYLE CHICKEN NOODLE SOUP** >>>
Egg noodles in herbed vegetable broth 6.50
- HOT WINGS**
Tossed in hot sauce with celery batons and blue cheese dip 10.50
- SHRIMP TACOS** >>>
Soft corn tortilla, chipotle aioli, guacamole and salsa 12.50
- CHIPS AND SALSA**
Crispy corn tortillas with guacamole and salsa 7.00
- CRISPY CALAMARI**
Lightly breaded with zesty banana peppers served with cocktail sauce 11.50
- SKILLET-SEARED POTSTICKERS**
Vegetable gyoza, edamame-mint aioli and soy-ginger dipping sauce 11.50
- FLAME GRILLED BEEF SLIDERS***
Smoked bacon and cheddar 10.50

Sandwiches and Favorites

- FLAME GRILLED BURGER***
Half-pound patty, aged cheddar, tomato, and lettuce
Choice of french fries or garden salad 15.50
- THREE-TIERED TURKEY CLUB**
Lettuce, tomato and bacon on toasted bread of your choice
Choice of french fries or garden salad 15.50
- MARKET VEGETABLE WRAP** >>>
Spinach, roasted portobello, asparagus, red pepper, tomato, soft mozzarella, arugula and basil pesto in whole wheat tortilla
Served with fruit and berries 15.50
- ROASTED CHICKEN ON SOURDOUGH PANINI**
Thinly-sliced chicken breast, onion-tomato marmalade, aged cheddar and rosemary aioli
Choice of french fries or garden salad 14.50
- SANTA FE GRILLED CHICKEN GUESADILLA**
Spicy pepper jack cheese, sour cream, guacamole and salsa 17.00
- STONE-FIRED PIZZA**
Choice of three toppings: caramelized onions, sausage, fresh mozzarella, tomatoes or basil 18.00

Main Courses

- PENNE PASTA, ITALIAN SAUSAGE AND BROCCOLI**
Spinach, cured roma tomato, garlic and parmesan 20.50
- GRILLED CHICKEN BREAST CUTLETS** >>>
Parmesan-tossed asparagus, blistered red pepper sauce and brown rice pilaf 21.00
- CRISPY BATTERED COD FISH**
Lemon, zesty tartar sauce and sea-salted fries 19.00
- ROASTED SALMON FILLET** >>>
Mustard-chive sauce, crispy vegetable potato hash 27.00
- STEAK FRITES***
Grilled tender-aged top sirloin served with steak butter and sea-salted fries 25.50
- GRILLED NEW YORK SIRLOIN STEAK***
White cheddar whipped potatoes and mushroom demi 33.00
- CHEF'S INSPIRATION**
Our daily offering inspired by regionally farmed or seasonally harvested products, priced daily

Create Your Own Greenery

Select the Main Ingredient and Dressing to finish off your salad

- TRADITIONAL COBB SALAD**
Chopped lettuce, tomato, avocado, hard-boiled egg, blue cheese, and bacon
- GREEK SALAD** >>>
Romaine, roma tomato, roasted red pepper, cucumber, feta cheese, onions and olives
- CAESAR SALAD**
Romaine tossed with shaved parmesan cheese and garlic croutons
- MAIN INGREDIENT**
Grilled Chicken >>> 15.50
Seared Salmon * >>> 17.00
- DRESSINGS**
Champagne Vinaigrette, Blue Cheese, Low-Fat Ranch >>>
Classic Caesar or Balsamic Vinaigrette

The Side Plate

- PARMESAN LEMON-TOSSED ASPARAGUS** >>> 5.00
- SEA-SALTED FRENCH FRIES** 5.00
- CRISPY VEGETABLE POTATO HASH** >>> 5.00

Häagen-Dazs® Ice Cream Parlor

- Choose your favorite ice cream flavor and toppings
- French Vanilla, Strawberry, Chocolate or Vanilla Frozen Yogurt >>>
- 2 Scoops 7.50; 3 Scoops 8.50; or 4 Scoops 9.50
- Select 3 additional toppings or add even more for only 0.75 each
- Oreo® Cookies
- M&M's®
- Pecans
- Chocolate Sauce
- Strawberries
- Warm Chocolate Brownie
- Whipped Cream
- Caramel Sauce

Great Finishes

- WARM DOUBLE-CHOCOLATE PECAN BROWNIE A LA MODE** 8.00
- HALF DOZEN WARM DONUT SLIDERS**
Mini donuts stuffed with caramelized bananas, chocolate sauce 8.00
- CHOCOLATE LAVA CAKE**
Soft centered, served warm with a scoop of vanilla ice cream 8.00
- NEW YORK STYLE CHEESE CAKE**
Raspberry sauce 8.00
- BERRIES OF THE SEASON** >>> 8.00

>>> Endorsed by Core Performance, these items have nutrients that work together to create long-lasting energy, helping you lead a higher quality of life. Learn more about our program at sheratonfitness.com

*Consuming raw or undercooked meat, seafood and eggs may increase your risk of food-borne illness.
©2010 Starwood Hotels & Resorts Worldwide, Inc.



Sheraton

good

Breakfast

AT THE BREAKFAST TABLE 19.50

Seasonal fruits and berries, yogurt, steelcut oatmeal, cereal favorites, granola

Scrambled eggs, smoked bacon, sausage links, breakfast potatoes

Bakery selections, bagels with cream cheese

• Selection of breakfast juices, freshly brewed Starbucks® coffee and assorted Tazo® teas

HOT OATMEAL ✕
Sun-dried raisin and cinnamon pecan compote 8.50

CEREAL FAVORITES ✕
Choose from an array of classics or crunchly granola with seasonal berries or sliced banana 8.50

SEASONAL FRUIT AND BERRY SMOOTHIE ✕
Blended with low-fat yogurt and honey 7.50

BERRY AND YOGURT PARFAIT ✕
Served layered with flaxseeds and all-natural granola 10.50

SCRAMBLED EGG SLIDERS
Shaved ham and cheddar cheese on toasted brioche buns 12.50

EGG WHITE AND SPINACH OMELET ✕
Folded with white cheddar cheese and oven cured tomatoes. Choice of fresh fruit or golden hashbrown potatoes 14.00

GRIDDLE BUTTERMILK BLUEBERRY PANCAKE
Warm maple syrup and whipped butter 14.50

CHEF'S OMELET
Three eggs packed with cured ham, sautéed sweet onions, aged swiss and cheddar served with crisp golden hash brown potatoes and choice of toast 14.00

GRILLED HAM AND EGGS*
Two eggs done your way, crisp hash browns and choice of toast. Substitute bacon or sausage if you'd like 13.00

FARM-FRESH SCRAMBLED EGG AND SAUSAGE BURRITO ✕
Hashbrown potatoes and jack cheese wrapped in a whole wheat tortilla, served with guacamole and salsa 14.00

HOT IRON GRIDDLE BELGIAN WAFFLE
Golden deep-pocket waffle, whipped cream, warm maple syrup and strawberries 14.50

TOASTED BAGEL WITH PHILADELPHIA® CREAM CHEESE
Low-fat or regular 5.00

A BIG BOWL OF BERRIES ✕
A bright mix of seasonal favorites 7.00

THE BAKERY BASKET
A buttery croissant, daily muffin, your choice of English muffin, sourdough, multi-grain, rye or white toast with jam, honey and butter 6.50

A CUP OF LOW-FAT YOGURT ✕
Berries or plain 5.50

CRISPY HASHBROWN POTATOES 5.50
SMOKED BACON, BREAKFAST LINKS OR GRILLED HAM 6.00

FRESHLY BREWED STARBUCKS® COFFEE
Regular or Decaffeinated 4.50

HOT TEA
Choose from our selection of Tazo® tea 4.50

JUICE ✕
Orange, grapefruit, apple, cranberry, or tomato 4.50

MILK
Non-fat ✕, 2%, whole, chocolate or soy ✕ 4.00

✕ Endorsed by Core Performance, these items have nutrients that work together to create long-lasting energy, helping you lead a higher quality of life. Learn more about our program at sheratonfitness.com

*Consuming raw or undercooked meat, seafood and eggs may increase your risk of food-borne illness.
©2010 Starwood Hotels & Resorts Worldwide, Inc.