

# Choices

Your selection of indulgent and energizing foods



Breakfast 6:00 am - 11:00 am

## Energize Your Day

- ✕ **Hot Oatmeal**  
Caramelized green apple, sun-dried raisin compote **9.00**
- ✕ **Cereal Favorites**  
Choose from an array of classics or crunchy granola,  
Seasonal berries or sliced banana **8.00**  
  
**Banana, Strawberry, Pineapple Smoothie**  
Blended with low-fat yogurt and honey **8.00**
- ✕ **A Bounty of Fruit and Berries**  
Seasonal selection of the market's best **10.00**
- ✕ **Seasonal Berry and Yogurt Parfait**  
Served tiered, with flaxseeds and all natural granola **11.00**

## Feeling Great

- Breakfast Sliders**  
Scrambled eggs, cheddar cheese, crisp bacon  
on toasted brioche buns **12.50**
- ✕ **Egg Whites, Spinach, Cheddar Cheese Omelet**  
White cheddar cheese laced with oven-cured tomatoes,  
fruit selection or crisp golden hash brown potatoes **14.00**  
  
**Griddled Buttermilk Blueberry Pancakes**  
Warm maple syrup and whipped butter **14.50**

## Morning Glory

- Chef's Omelet**  
Three eggs packed with cured ham, sautéed sweet onions,  
aged swiss and white cheddar, served with crisp golden  
hash brown potatoes and toast **14.00**
- Grilled Ham and Eggs\***  
Crisp golden hash brown potatoes and choice of toast  
or with bacon or sausage, if you'd like **13.00**
- Farm Fresh Scrambled Eggs and Bacon Quesadilla**  
Jack cheese, guacamole, salsa and sour cream **14.00**
- Hot Iron Griddle Belgian Waffle**  
Golden deep-pocket waffle, whipped cream, warm maple  
syrup and strawberries **14.50**

## The Side Plate

- Toasted Bagel with Philadelphia® Cream Cheese**  
Low-fat or regular **5.50**
- ✕ **A Big Bowl of Berries**  
A bright mix of seasonal favorites **8.00**  
  
**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**  
  
**Crisp Golden Hash Brown Potatoes** **6.00**
- ✕ **A Cup of Low-Fat Fruit Yogurt**  
Berries or plain **6.50**  
  
**Crispy Smoked Bacon, Breakfast Links or**  
✕ **Grilled Ham** **6.50**

## We'll Fill Your Cup

- Fresh Brewed Starbucks® Coffee**  
Regular or Decaffeinated  
Small **5.00**, Large **8.50**
- ✕ **Hot Tea**  
Choose from our selection of Tazo® Tea **4.00**
- ✕ **Juice**  
Orange, grapefruit, apple, cranberry, or tomato **4.00**  
  
**Milk**  
Non-fat ✕, 2%, whole, soy or chocolate **3.00**

- ✕ **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](http://sheratonfitness.com)

Sheraton Fitness programmed by Core Performance.  
Mindset.Nutrition.Movement.Recovery.

For In-Room Dining Dial 59

\* Consuming raw or undercooked meat, seafood and eggs may increase your risk of food-borne illness.



Dinner 5:00 pm - Midnight

## Openers

### 13 Wings

Tossed in hot sauce with celery batons and blue cheese dip 11.00

### ✕ Field of Greens

Tender baby lettuce, tomato, cucumber and your choice of dressing 8.00

### ✕ Home-Style Chicken Noodle Soup

Egg noodles in herbed broth with carrots, onions and celery 7.00

### Crispy Calamari

Lightly breaded, served with tartar and cocktail sauce 12.00

## Classic Sandwiches

Sandwiches served with choice of French fries or fruit & berry composition ✕

### Flame Grilled Burger\*

Half-pound patty, aged cheddar, tomato, and lettuce 15.50

### Three-Tiered Roasted Turkey Club

Bacon, lettuce and tomato on toasted bread of your choice 15.50

### ✕ Market Vegetable Wrap

Spinach, roasted portobello, asparagus, red pepper, tomato, soft mozzarella, arugula, and basil pesto in a whole wheat tortilla 15.50

### Santa Fe Grilled Chicken Quesadilla

Spicy pepper jack cheese, guacamole, fresh salsa and sour cream 17.00

## Main Course

### Penne Pasta, Italian Sausage and Broccoli

Spinach, cured roma tomato, garlic and parmesan 20.00

### ✕ Grilled Chicken Breast Cutlets

Parmesan-tossed asparagus, blistered red pepper sauce and brown rice pilaf 23.50

### Crispy Battered Cod Fish

Zesty tartar sauce, lemon and sea-salted fries 19.00

### ✕ Roasted Salmon Fillet\*

Mustard-chive sauce, crispy vegetables and potato hash 26.00

### Fire Grilled Center Cut New York Sirloin\*

White cheddar whipped potatoes and garlic herb butter 32.00

### Stone-Fired Pizza

Choose three toppings: caramelized onions, sausage, fresh mozzarella, tomatoes, or basil 18.00

## Great Finishes

### Warm Double-Chocolate Pecan Brownie a la Mode

Laced with caramel sauce, vanilla ice cream 8.50

### New York Style Cheese Cake

Raspberry sauce, whipped cream 8.50

### Field Strawberries

Lemon glazed cake, whipped cream and dark chocolate curls 8.50

### Häagen-Dazs® Ice Cream

Choose from French vanilla, strawberry, or frozen vanilla yogurt ✕ 8.00

We guarantee we will deliver your in-room dining order within 30 minutes or your order will be complimentary.

A \$3.00 delivery fee, applicable sales tax and 21% service charge will be added to total.

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## Create Your Own Greenery

Select the protein and dressing for your salad

### Traditional Cobb Salad

Chopped lettuce, tomato, avocado, blue cheese, and bacon

### Caesar Salad

Tossed with traditional dressing, shaved parmesan cheese and garlic croutons

### Main Ingredient

✕ Grilled Chicken 16.50

✕ Seared Salmon 17.00

Grilled Steak\* 17.00

### Dressings

Champagne Vinaigrette, Blue Cheese,

Low Fat Ranch ✕, Classic Caesar or Balsamic Vinaigrette

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## Kids

### Bright-Eyed Breakfast

Served 6:00 am - 11:00 am

#### Your Favorite Cereals

Seasonal berries or sliced banana 4.50

#### Golden Buttermilk Pancakes

With whipped cream, butter and warm maple syrup 8.50

#### All Scrambled Up

One scrambled egg with bacon, sausage, or ham and hash brown potatoes 7.50

### Dig in for Dinner

Served 5:00 pm - Midnight

#### Warm Up With A Cup of Soup 5.00

#### Act Like Caesar

Tossed romaine with Caesar dressing and sprinkled with croutons 5.00

#### That's Using Your Noodle

Our pasta with parmesan cheese and tomato sauce on the side 7.50

#### Slices of Pizza

Three slices of tomato and cheese 8.50

Meals below come with your choice of carrot and celery sticks, apple slices or French fries

#### Mini Burgers

Have them plain or add cheddar cheese and bacon 9.50

#### Goey Grilled Cheese

Hot, tasty and crammed with cheese 9.00

#### You'll Gobble, Gobble It Up

Sliced turkey 'mini-wiches' with cheddar cheese, lettuce and tomato 8.50

#### Crispy Chicken Bites

All white meat nuggets, with BBQ or sweet and sour sauce 9.50

### Save Room for Dessert

#### A Scoop of Häagen-Dazs® Ice Cream

Dutch chocolate, vanilla or strawberry 4.00

#### Low-Fat Fruit or Berry Yogurt 4.00

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