

Choices

Your selection of indulgent and energizing foods



Energize Your Day

- ✕ **Hot Oatmeal**
Caramelized green apple, sun-dried raisin compote
- ✕ **Cereal Favorites**
Choose from an array of classics or crunchy granola
Seasonal berries or sliced banana

Apple Coffee Cake with Orange Strawberry Smoothie
Blended with low-fat yogurt and honey
- ✕ **A Bounty of Fruit and Berries**
Seasonal selection of the market's best
- ✕ **Seasonal Berry and Yogurt Parfait**
Served tiered, with flaxseeds and all natural granola

Feeling Great

- Breakfast Sliders**
Scrambled eggs, cheddar cheese, crisp bacon
on toasted brioche buns
- ✕ **Scrambled Egg White and Roasted Turkey Wrap**
Jack cheese, spinach, and oven cured tomatoes served with
bowl of berries
- ✕ **Blueberry and All Natural Granola Flapjacks**
Made with buttermilk and served with warm maple syrup
and whipped butter

Morning Glory

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

The Side Plate

- Toasted Bagel with Philadelphia® Cream Cheese**
Low-fat or regular
- ✕ **A Big Bowl of Berries**
A bright mix of seasonal favorites

The Bakery Basket
A buttery croissant, daily muffin, your choice of English
muffin, or sourdough, multi-grain, rye or white toast
with jam, honey and butter
- Crisp Golden Hash Brown Potatoes**
- ✕ **A Cup of Low-Fat Fruit Yogurt**
Berries or plain yogurt
- Crispy Smoked Bacon, Breakfast Links or**
- ✕ **Grilled Ham**

We'll Fill Your Cup

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

- ✕ **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**

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

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

13 Wings

Tossed in hot sauce with celery batons and blue cheese dip

✕ Field of Greens

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

Seasonal Soup

Hearty, home-style soup

✕ Shrimp and Avocado

Olive oil, lime, young potatoes and basil

Flame Grilled Beef Sliders*

Smoked bacon and cheddar

Sandwiches and Favorites

Sandwiches served with choice of French fries or

✕ Fruit & Berry Composition

Flame Grilled Burger*

Half-pound patty, aged cheddar, tomato, lettuce

Three-Tiered Roasted Turkey Club

Bacon, lettuce and tomato on your toasted bread of choice

✕ Portobello Burger

Tomato, guacamole and arugula on whole wheat bun

Santa Fe Grilled Chicken Quesadilla

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

Grilled Chicken and Three Cheese Panini

Aged cheddar, swiss and provolone on sourdough
Served with a cup of today's soup

✕ Seared Ahi Tuna and Avocado Wrap*

Whole wheat tortilla, tomato, spinach and edamame aioli

Pizza Salsiccia

Caramelized onions, tomatoes, basil and Italian sausage

Main Course

Penne Pasta, Italian Sausage and Broccoli

Spinach, cured roma tomato, garlic and parmesan

✕ Sautéed Jumbo Shrimp

Tossed with rice noodles, broccoli, avocado and tomato

✕ Grilled Herb Marinated Chicken Breast

Roasted baby potatoes, harvest vegetables and savory citrus jus

✕ Sesame Seared Ahi Tuna

Pineapple soy ginger glaze and Asian rice

Crispy Battered Cod Fish

Zesty tartar sauce, lemon and sea-salted fries

✕ Skillet Seared Salmon Fillet*

Seasonal vegetables and a potato fresh herb crust

Create Your Own

Greenery

Select the dressing and protein for your salad

Traditional Cobb Salad

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

✕ Nicoise Salad

Tender lettuce, green beans, egg, roasted red pepper, fingerling potatoes and olives

Caesar Salad

Tossed with traditional dressing, shaved parmesan cheese and garlic croutons

Dressings

Champagne Vinaigrette, Blue Cheese, ✕ Low Fat Ranch, Classic Caesar or Balsamic Vinaigrette

Main Ingredient

✕ Grilled Chicken

✕ Gulf Shrimp

✕ Seared Salmon*

✕ Seared Ahi Tuna*

Chipotle Rubbed Skirt Steak

Häagen-Dazs® Ice Cream Parlor

Choose your ice cream flavor and additions for us to chop and blend

French Vanilla, Strawberry, Chocolate or

✕ Frozen Vanilla Yogurt

2 Scoops; 3 Scoops; or 4 Scoops

Includes three additions; .75 for each additional ingredient

Oreo Cookies

Chocolate Chips

M&M's

Warm Chocolate Brownie

Peanut Butter

Whipped Cream

Chocolate-, Caramel-

Raspberry Sauce

✕ Bananas

✕ Seasonal Berries

✕ Slivered Almonds

✕ Strawberries

Great Finishes

Warm Double Chocolate Pecan Brownie a la Mode

Laced with caramel sauce, vanilla ice cream

Red Velvet Cake

Cream cheese icing, chocolate sauce

New York Style Cheese Cake

Fresh strawberries and whipped cream

Crispy Chocolate Bread Pudding

Vanilla bean dipping sauce