

good morning

Energize Your Day

Berry and Yogurt Parfait

Layered with flaxseeds and all-natural granola 5.50

Steel Cut Oatmeal

Sun-dried raisin and cinnamon pecan compote 4.95

Cereal Favorites

Choose from an array of classics or crunchy granola with seasonal berries or sliced banana 5.00

Banana Strawberry Protein Smoothie

Blended with honey, orange and apple juice 4.50

Early Favorites

Hot Iron Griddled Belgian Waffle

Golden deep-pocket waffle, whipped cream, warm maple syrup and strawberries 8.95

Golden Buttermilk Blueberry Pancakes

Warm maple syrup and whipped butter 8.95

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 9.95

Grilled Ham and Eggs*

Two eggs done your way, crisp hash browns and choice of toast - substitute bacon or sausage 8.95

Power Up

Egg White and Spinach Omelet

Folded with white cheddar cheese and oven cured tomatoes, choice of fresh fruit or golden hash brown potatoes 9.95

Scrambled Egg Biscuit Sliders

Freshly baked biscuit, breakfast sausage, and cheddar cheese 9.95

Grilled Cheese and Ham Sandwich*

Crispy golden sourdough bread, breakfast ham, gruyere cheese, fried egg, roasted tomato dip 8.95

Brighten your diet with Color Your Plate, a simple approach to eating right by adding colorful foods to your meals. Core Performance™, our partner in fitness, recommends adding three colors that come from fruits and vegetables to increase energy and maintain a balanced diet. Look for dishes marked with  throughout your stay.

Learn more at sheraton.com/fitness.

The Side Plate

A Big Bowl of Berries

A bright mix of seasonal favorites 5.00

Smoked Bacon, Breakfast Sausage Links or Grilled Ham 3.95

A Cup of Low-Fat Yogurt

Berries, fruit or plain 3.00

Crispy Hash Brown Potatoes 3.95

Toasted Bagel with Philadelphia Cream Cheese

Low-fat or regular 4.00

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 5.00

Beverages

Juice

Orange, grapefruit, apple, cranberry or tomato 3.00

Starbucks® Coffee

Cappuccino 3.00

Latte 2.85

Espresso 1.85

Freshly Brewed Regular or Decaffeinated 2.50

Milk

Non-fat , 2%, whole, chocolate or soy  2.50

Tazo® Tea

Choose from a selection of hot teas 2.50

We pride ourselves in providing gluten friendly menu choices. While we endeavor to carefully prepare those meals to accommodate a gluten-free diet, please be aware that they may be prepared in an environment where gluten is present. Please ask your server to assist you in making your selection. Please consult your physician as to your personal health decisions.

*Consuming raw or undercooked meat, seafood and eggs may increase your risk of foodborne illness.