


OPENERS

Home Style Chicken Noodle Soup Vegetables, egg noodles, chicken	 6
Soup of the Day	6
Flame Grilled Beef Sliders Aged goat cheese, onion marmalade	10
Hot Buffalo Wings	11
Tossed Garden Salad	7
Hummus Platter Imported garlic crostini, kalamata olives	10
Parmesan Tossed Asparagus Extra virgin olive oil, lemon juice	 7
Tomato and Soft Mozzarella Salad Basil, parmesan, extra virgin olive oil, aged balsamic drizzle	8

CREATE YOUR OWN SALAD


Chopped Salad Spring mix, avocado, cucumbers, mozzarella, tomato, egg	11
Caesar Salad Traditionally prepared	10
Torched Salmon Salad Greens, sliced apples and celery, avocado dressing	 17
Choice of Protein Add Chicken	5
Add Salmon	6
Add Shrimp	6

All food items are cooked to the recommended FDA Food Code temperatures, unless otherwise requested. Consuming raw or undercooked meats, seafood, shellfish or eggs may increase your risk of food borne illness. We are happy to discuss with you and attempt to accommodate any dietary or special needs diets. Prices exclusive of tax and gratuity; for parties of 6 and more an 18% gratuity will be added.



MAIN COURSES

Grilled New York Strip White cheddar whipped potatoes and mushroom demi	27
Char Grilled Chicken Breast Madeira sauce, button mushrooms, dried apricots, market vegetables, fingerling potatoes	 21
Roasted Salmon Filet Mustard-chive sauce, market vegetables, fingerling potatoes	 24
Steak Frites Grilled, tender aged top sirloin served with lemon-garlic butter and salted French fries	23
Crispy Battered Cod Fish Zesty tartar sauce and salted French fries	18
Cheesy Pepperoni Pizza Pepperoni slices, roasted tomato sauce and two cheeses	16
Pasta Du Jour Please ask server for today's "made to order" choice	MP
Chicken Quesadilla Melted cheese, chicken, tomato, onions, crispy flour tortilla	14

 Indicates a well-balanced, nutrient-rich Color Your Plate™ item. Learn more about our nutrition partner Core Performance, and Color Your Plate at sheraton.com/fitness

SIGNATURE BURGERS

Classic Burger Onions, lettuce, tomato, pickle Add Cheese	10 11
Philly Cheese Steak Burger Flamed grilled burger topped with Philly cheese steak, grilled onions and creamy cheese	14
Bacon Blue Burger Classic burger with crisp bacon and blue cheese	12
Big Relish Burger Double patties, creamy cheese, spicy ketchup and slaw	14
Portabella Burger Marinated Portabella mushrooms, caramelized onions, tomato, arugula, aged goat cheese (veg)	 11
Blue Crab Burger Crispy onions, slaw and chipotle remoulade	17
Steak and Egg Burger Flame-grilled burger, Jack cheese, fried egg, caramelized onions, mushrooms, spicy ketchup	12

Substitute any patty on our menu for a 3.5oz vegetarian burger. All our beef burgers are made with Certified Hereford Beef that is flame-grilled to your specifications.



SIDES

Salted French Fries	4
Sweet Potato Fries	
Great Cole Slaw	
Fingerling Potatoes	
Mashed Potatoes	

BEVERAGES

Soda	SODA 3.00 /OTHER 4
Fresh Brewed Starbucks Coffee or Decaffeinated Coffee	
Tazo Hot Tea Selection	
Cappuccino, Latte	

DESSERTS

Kentucky Bourbon Pecan Pie	7
Warm Lava Fudge Cake	
Towering Carrot Cake	
Add Haagen Dazs Ice Cream	3



COLOR YOUR PLATE™

By Sheraton Fitness®



Banana Strawberry Smoothie	7
Low fat yogurt and mint	
Berries, Granola, Flax Seeds and Yogurt Parfait	
Tiered with low fat yogurt and natural granola	9
Hot Oatmeal	
Caramelized pecan, sundried raisin compote	7.5
A Bounty of Seasonal Fruit and Berries	
Slices of the seasons select fruit and berries	9
Cereal Favorites	
Choose from an array of classics or crunchy granola	7
Add seasonal berries of sliced banana	2

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SIGNATURE BREAKFAST

Breakfast Sliders	
Canadian bacon, scrambled eggs and jack cheese	11.5
Angus Chop and Eggs	
Black Angus burger potato hash with two basted eggs	13
Eggs Your Way	
Served with crispy hash browns and your choice of sausage bacon or ham	12
Chef's Breakfast Sausage & Cheese Omelet	
Three eggs, breakfast sausage, spinach, tomato, sweet onions and cheddar	12.5
Hot Iron Griddle Belgian Waffle	
Crisp deep pocket waffle, whipped cream, warm maple syrup and strawberries	12

FEELING GREAT

Eggs and Tomatoes	
Two eggs your way with sliced beefsteak tomatoes, Potato Hash	10
Scrambled Egg Whites, Grilled Chicken with Asparagus	
Topped with cheddar cheese and served with potato hash	12
Blueberry and All Natural Granola Flapjacks	
Made with buttermilk and served with warm maple syrup and butter	12

SIDES

Smoked Bacon, Sausage Links, Grilled Ham, Canadian bacon	5
Beef Burger	5
Ground Beef and Potato Hash	6
Golden Crisp Hash Browns	5
Toasted Bagel and Cream Cheese Bakery Basket	4
Croissant, breakfast muffin and your choice of toasted wheat or English muffin	
Served with butter and preserves	5
Toast	3.5
Whole Wheat, White or Rye	
Yogurt	4
Blueberry, Strawberry or Low fat	

BEVERAGES

Fresh Brewed Starbucks Coffee or Decaffeinated Coffee	4
Tazo Hot Tea Selection	2.50
Cappuccino	4
Latte	4
Juice	4
Orange, grapefruit, apple, cranberry or tomato juice	
Milk	3
Soy, non-fat, 2%, whole or chocolate milk	