

# good morning

## Choose a Little, Choose a Lot

### AT THE BREAKFAST TABLE 16.00

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

## Energize Your Day

### HOT OATMEAL ✕

Sun-dried raisin and cinnamon pecan compote 7.00

### CEREAL FAVORITES ✕

Choose from an array of classics or crunchy granola with seasonal berries or sliced banana 8.00

### SEASONAL FRUIT AND BERRY SMOOTHIE ✕

Blended with low-fat yogurt and honey 6.00

### BERRY AND YOGURT PARFAIT ✕

Served layered with flaxseeds and all-natural granola 9.00

## Fresh Start

### SCRAMBLED EGG SLIDERS

Shaved ham and cheddar cheese on toasted brioche buns 11.00

### EGG WHITE AND SPINACH OMELET ✕

Folded with white cheddar cheese and oven cured tomatoes. Choice of fresh fruit or golden hashbrown potatoes 12.50

### GRIDDLED BUTTERMILK BLUEBERRY PANCAKE

Warm maple syrup and whipped butter 12.00

## Early Favorites

### 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 12.00

### GRILLED HAM AND EGGS\*

Two eggs done your way, crisp hash browns and choice of toast. Substitute bacon or sausage if you'd like 12.00

### FARM-FRESH SCRAMBLED EGG AND SAUSAGE BURRITO ✕

Hashbrown potatoes and jack cheese wrapped in a whole wheat tortilla, served with guacamole and salsa 11.00

### HOT IRON GRIDDLE BELGIAN WAFFLE

Golden deep-pocket waffle, whipped cream, warm maple syrup and strawberries 12.00

## The Side Plate

### TOASTED BAGEL WITH PHILADELPHIA® CREAM CHEESE

Low-fat or regular 4.00

### A BIG BOWL OF BERRIES ✕

A bright mix of seasonal favorites 6.00

### 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 6.00

### A CUP OF LOW-FAT YOGURT ✕

Berries or plain 4.50

### CRISPY HASHBROWN POTATOES 4.00

### SMOKED BACON, BREAKFAST LINKS OR GRILLED HAM 4.00

## Beverages

### FRESHLY BREWED STARBUCKS® COFFEE

Regular or Decaffeinated 4.00

### 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, 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](http://sheratonfitness.com)

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

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Before Placing Your Order, Please inform your server if a person in your party has a food allergy