

savor

the day

Openers

ICEBERG WEDGE AND TOMATO

Blue cheese, spring onions 6.00

HOME-STYLE CHICKEN NOODLE SOUP ✕

Egg noodles in herbed vegetable broth 6.00

HOT WINGS

Tossed in hot sauce with celery batons and blue cheese dip 10.00

SHRIMP TACOS ✕

Soft corn tortilla, chipotle aioli, guacamole and salsa 12.00

CHIPS AND SALSA

Crispy corn tortillas with guacamole and salsa 6.00

CRISPY CALAMARI

Lightly breaded with zesty banana peppers served with cocktail sauce 11.00

SKILLET-SEARED POTSTICKERS

Vegetable gyoza, edamame-mint aioli and soy-ginger dipping sauce 11.00

FLAME GRILLED BEEF SLIDERS*

Smoked bacon and cheddar 9.00

Sandwiches and Favorites

FLAME GRILLED BURGER*

Half-pound patty, aged cheddar, tomato, and lettuce
Choice of french fries or garden salad 12.00

THREE-TIERED TURKEY CLUB

Lettuce, tomato and bacon on toasted bread of your choice
Choice of french fries or garden salad 12.00

MARKET VEGETABLE WRAP ✕

Spinach, roasted portobello, asparagus, red pepper, tomato, soft mozzarella, arugula and basil pesto in whole wheat tortilla
Served with fruit and berries 11.00

ROASTED CHICKEN ON SOURDOUGH PANINI

Thinly-sliced chicken breast, onion-tomato marmalade, aged cheddar and rosemary aioli
Choice of french fries or garden salad 12.50

SANTA FE GRILLED CHICKEN QUESADILLA

Spicy pepper jack cheese, sour cream, guacamole and salsa 13.00

STONE-FIRED PIZZA

Choice of three toppings: caramelized onions, sausage, fresh mozzarella, tomatoes or basil 17.00

Main Courses

PENNE PASTA, ITALIAN SAUSAGE AND BROCCOLI

Spinach, cured roma tomato, garlic and parmesan 18.00

GRILLED CHICKEN BREAST CUTLETS ✕

Parmesan-tossed asparagus, blistered red pepper sauce and brown rice pilaf 19.00

CRISPY BATTERED COD FISH

Lemon, zesty tartar sauce and sea-salted fries 17.00

ROASTED SALMON FILLET ✕

Mustard-chive sauce, crispy vegetable potato hash 24.00

STEAK FRITES*

Grilled tender-aged top sirloin served with steak butter and sea-salted fries 21.00

GRILLED NEW YORK SIRLOIN STEAK*

White cheddar whipped potatoes and mushroom demi 30.00

CHEF'S INSPIRATION

Our daily offering inspired by regionally farmed or seasonally harvested products, priced daily

Create Your Own Greenery

Select the Main Ingredient and Dressing to finish off your salad

TRADITIONAL COBB SALAD

Chopped lettuce, tomato, avocado, hard-boiled egg, blue cheese, and bacon

GREEK SALAD ✕

Romaine, roma tomato, roasted red pepper, cucumber, feta cheese, onions and olives

CAESAR SALAD

Romaine tossed with shaved parmesan cheese and garlic croutons

MAIN INGREDIENT

Grilled Chicken ✕ 14.50 Shrimp ✕ 16.50
Seared Salmon* ✕ 16.50

DRESSINGS

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

The Side Plate

PARMESAN LEMON-TOSSED ASPARAGUS ✕ 4.00

SEA-SALTED FRENCH FRIES 4.00

CRISPY VEGETABLE POTATO HASH ✕ 4.00

Häagen-Dazs® Ice Cream Parlor

Choose your favorite ice cream flavor and toppings

French Vanilla, Strawberry, Chocolate or Vanilla Frozen Yogurt ✕

2 Scoops 6.00; 3 Scoops 7.00; or 4 Scoops 8.00

Select 3 additional toppings or add even more for only 0.75 each

Oreo® Cookies
M&M's®
Pecans
Chocolate Sauce

Strawberries
Warm Chocolate Brownie
Whipped Cream
Caramel Sauce

Great Finishes

WARM DOUBLE-CHOCOLATE PECAN BROWNIE A LA MODE 7.00

HALF DOZEN WARM DONUT SLIDERS

Mini donuts stuffed with caramelized bananas, chocolate sauce 7.00

CHOCOLATE LAVA CAKE

Soft centered, served warm with a scoop of vanilla ice cream 7.00

NEW YORK STYLE CHEESE CAKE

Raspberry sauce 7.00

BERRIES OF THE SEASON ✕ 7.00

✕ 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

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