

# Good Morning

## Energize Your Day

**Greek Yogurt with Market Berries** 🌈  
Topped with almond brittle 9

**Almond Steel Cut Oatmeal** 🌈  
With honey, low-fat milk and cinnamon 8.50

**Assorted Dry Cereals**  
Choose from a variety, including gluten free 6  
Add fruit 1

**Banana Strawberry Protein Smoothie** 🌈  
Blended with honey, orange and apple juice 5

## Early Favorites

**Gluten Free French Toast**  
Maple caramelized bananas and cranberries 13

**Golden Buttermilk Pancakes**  
Drizzled with orange maple syrup 12.50  
Add blueberries or bananas 1

**Chef's Omelet**  
Three eggs packed with cured ham, sautéed sweet onions, aged Swiss and Cheddar served with crisp golden hash brown potatoes and toast 14

**Grilled Ham and Eggs\***  
Two eggs done your way with grilled cured ham crisp hash browns and toast 13.50

## Power Up

**Egg White and Spinach Omelet** 🌈  
Folded with sautéed onions and low-fat cheddar cheese with mini tomato and arugula salad 12.50

**Poached Eggs and Salmon Medallions**  
Crispy hash browns, spinach, olive hollandaise 15

**Egg and Cheese Burrito**  
Hashbrown potatoes and jack cheese wrapped in a whole wheat tortilla, guacamole and salsa 13

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](http://sheraton.com/fitness)

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

We pride ourselves in providing gluten friendly menu choices. While we endeavor to carefully prepare those meals to accommodate a glutenfree 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.

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## Choose a Little, Choose a Lot

### At the Breakfast Table

Seasonal fruits and berries, yogurt, steel cut 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 13.95

## The Side Plate

**Bowl of Berries** 🌈  
A bright mix of seasonal favorites 8

**Smoked Bacon, Sausage Links or Grilled Ham** 4.50

**Cup of Low-Fat Yogurt** 🌈  
Berries, fruit or plain 5

**Crispy Hash Brown Potatoes** 4.50

**Toasted Bagel with Philadelphia® Cream Cheese**  
Low-fat or regular 5.50

**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 7

## Beverages

**Juice** 🌈  
Orange, grapefruit, apple, cranberry, or tomato 4.50

**Starbucks® Coffee**  
Cappuccino 5  
Latte 5  
Espresso 4.50  
Freshly Brewed Regular or Decaffeinated 4.50

**Milk**  
Non-fat 🌈, 2%, whole, chocolate or soy 🌈 4.50

