

B R E A K F A S T

ENERGIZE YOUR DAY

Hot Oatmeal

Caramelized green apple, sun-dried raisin compote 10

Cereal Favorites

Choose from an array of classics or crunchy granola, seasonal fruit or sliced banana 9

Banana, Papaya, Pineapple Smoothie

Blended with low-fat yogurt, honey 8

A Bounty of Fruit and Berries

Seasonal selection of the market's best 11

Seasonal Fruit and Yogurt Parfait

Served tiered, flaxseed, all natural granola 12

FEELING GREAT

Breakfast Sliders

Scrambled eggs, cheddar cheese, crisp bacon on toasted brioche buns 14

Egg Whites, Spinach, Cheddar Cheese Omelet

White cheddar laced with oven-cured tomato, fruit selection or crisp golden hash brown potatoes 15

Griddled Buttermilk Blueberry Pancakes

Warm maple syrup, whipped butter 16

French Toast

Guayaba paste, marcona almond, mango lime whipped cream 14

MORNING GLORY

Chef's Omelet

Three eggs, cured ham, sautéed sweet onions, aged swiss and cheddar. Served with crisp golden hash brown potatoes and toast 15

Grilled Ham and Eggs

Crisp golden hash brown potatoes and choice of toast or with bacon or sausage, if you'd like 14

Farm Fresh Scrambled Eggs and Bacon Quesadilla

Jack cheese, guacamole, salsa, sour cream 15

Hot Iron Griddle Belgian Waffle

Golden deep-pocket waffle, whipped cream, warm maple syrup, mango 16

Housemade Corned Beef Chorizo Hash

Poached eggs, citrus hollandaise 16

Breakfast Burrito

Scrambled farm fresh eggs, queso blanco, mamposteo rice 14

THE SIDE PLATE

Toasted Bagel with Philadelphia® Cream Cheese

Low-fat or regular 6

A Big Bowl of Local Fruits

A bright mix of seasonal favorites 8

The Bakery Basket

A buttery croissant, daily muffin, your choice of English muffin, sourdough, multi-grain, rye or white toast with jam, honey, butter 7

Crisp Golden Hash Brown Potatoes 6

A Cup of Low-Fat Fruit Yogurt

Berries or plain 6

Crispy Smoked Bacon, Breakfast Links or Grilled Ham 6

WE'LL FILL YOUR CUP

Freshly Brewed Encantos Coffee

Regular or Decaffeinated 4

Cappuccino or Latte 5

Hot Tea

Choose from our selection of Tazo® Tea 4

Juice

Orange, grapefruit, apple, cranberry, tomato 4

Milk

Non-fat, 2%, whole, soy, chocolate 3

» 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. Sheraton Fitness programmed by Core Performance. Mindset.Nutrition.Movement.Recovery.

* Consuming raw or undercooked meat, seafood and eggs may increase your risk of food-borne illness. ©2009 Starwood Hotels & Resorts Worldwide, Inc.