

L U N C H

O P E N E R S

13 Wings  
Tossed in hot sauce with celery batons  
and blue cheese dips 12

Caribbean Gazpacho  
Chilled tomato soup, poached shrimp, pico de gallo 8

Crispy Calamari  
Lightly breaded, served with tartar and cocktail sauce 13

Flame Grilled Beef Sliders\*  
Smoked bacon and cheddar 12

Exotic Fruit Salad  
Mojito vinaigrette, yogurt, toasted brioche 11

Seafood Sliders  
Lobster, mojito vinaigrette | shrimp, horseradish  
crème fraiche | swordfish, culantro aioli 16

Grilled Chicken Quesadilla  
Queso blanco, guacamole, pico de gallo  
and sour cream 14

S A N D W I C H E S A N D F A V O R I T E S

Served with a choice of fries or fruit and berry composition

S.L.T Sandwich  
Swordfish, lettuce and tomato, toasted brioche,  
culantro aioli, fried Yucca chips 18

Flame Grilled Burger\*  
Half-pound patty, aged cheddar,  
tomato and lettuce 17

Three-Tiered Roasted Turkey Club  
Bacon, lettuce and tomato  
on toasted bread of your choice 16

» Market Vegetable Wrap  
Spinach, roasted portobello, asparagus, red pepper,  
tomato, soft mozzarella, arugula, and basil pesto  
in a whole wheat tortilla 16

Roasted Chicken on Sourdough Panini  
Thinly sliced chicken breast, onion-tomato marmalade,  
aged cheddar, rosemary aioli 16

G R E E N E R Y

Select the protein and dressing for your salad

SALAD STYLE:

Traditional Cobb Salad  
Chopped lettuce, tomato, avocado, blue cheese and bacon

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

Caesar Salad  
Tossed with traditional dressing,  
shaved parmesan cheese and garlic croutons

MAIN INGREDIENT:

» Grilled Chicken 16      Grilled Shrimp 18  
» Seared Salmon\* 17      Grilled Steak\* 19

DRESSING:

» Mustard Vinaigrette      Blue Cheese  
» Low-Fat Ranch      Classic Caesar  
Balsamic Vinaigrette

M A I N C O U R S E S

Penne Pasta, Italian Sausage and Broccoli  
Spinach, cured roma tomato, garlic and parmesan 22

» Grilled Chicken Breast  
Parmesan-tossed asparagus, blistered red pepper sauce  
and mamposteo rice 25

Fire Grilled Center Cut New York Sirloin\*  
White Cheddar whipped potatoes and garlic butter 32

Local Adobo Spiced Pork Tenderloin  
Mofongo and crispy chicharrón 25

Escolar in Mojito Isleño (White Tuna)  
Avocado salsa and yucca crisp 27

G R E A T F I N I S H E S

Warm Double-Chocolate Pecan Brownie a la Mode  
Laced with caramel sauce, vanilla ice cream 9

Strawberries & Guava Short cake  
Red wine reduction, vanilla cake, whipped cream  
and mojito granite 10

Banana Chocolate Kopita  
Chocolate brushed phyllo, banana puree,  
chocolate pistol, white chocolate foam,  
bitter chocolate ice cream 10

New York Style Cheese Cake  
Raspberry sauce, whipped cream 9

S H E R A T O N I C E C R E A M P A R L O R

Choose your ice cream flavor and additions for us to chop and blend

» French Vanilla	Strawberry	Oreo® Cookies	M&M's®
Chocolate	Frozen Vanilla Yogurt	Peanut Butter	Chocolate Sauce
2 Scoops 7	3 Scoops 8	Raspberry Sauce	Chocolate Chips
4 Scoops 9		» Slivered Almonds	Warm Chocolate Brownie
Includes three additions; .75 for each additional ingredient		» Seasonal Berries	Caramel Sauce
		» Bananas	Whipped Cream

» 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). 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.

