

savor the day

Openers

HOME-STYLE CHICKEN NOODLE SOUP <>

Egg noodles in herbed broth with carrots, onions and celery
BOWL 6.00 CUP 5.00

SEASONAL SOUP

Aromatic and classically crafted **BOWL 6.00 CUP 5.00**

13 WINGS

Tossed in hot sauce and served with blue cheese dip 10.00

SHRIMP COCKTAIL

Chilled jumbo shrimp served with cocktail sauce 11.00

FLAME GRILLED BEEF SLIDERS*

Two sliders with smoked bacon and cheddar 8.00

Sandwiches and Favorites

*Served with your choice of French fries, chips or fruit <>
 excluding pizzas*

FLAME GRILLED CHEESEBURGER*

Half-pound patty, aged cheddar, tomato and lettuce 9.00
 Add applewood smoked bacon 11.00

THREE-TIERED ROASTED TURKEY CLUB

Thinly sliced smoked turkey, applewood smoked bacon, lettuce and tomato on toasted bread of your choice 11.00

MARKET VEGETABLE WRAP <>

Spinach, roasted Portobello, red pepper, tomato, soft mozzarella, spring mix and basil pesto in a whole wheat tortilla 11.00

SANTA FE GRILLED CHICKEN QUESADILLA

Spicy pepper jack cheese, guacamole, fresh homemade salsa and sour cream 15.00

ROASTED CHICKEN ON SOURDOUGH PANINI

Sliced grilled chicken breast, onion-tomato marmalade, aged cheddar and rosemary aioli served with a cup of soup 14.50

STONE-FIRED PIZZA

Choose three toppings: caramelized onions, pepperoni, mushrooms, Italian sausage, fresh mozzarella, basil, or sliced tomatoes 17.00 *ADDITIONAL TOPPINGS 0.75 each*

Main Courses

RIBEYE*

A flame grilled 14 ounce ribeye served with white cheddar whipped potatoes and topped with herbed butter 34.00

SOUTHERN CHICKEN FRIED CHICKEN

Hand battered chicken breast deep fried, served with white cheddar whipped potatoes, country gravy and vegetables 19.50

TEXAS FAJITAS

Choose between a half pound of seasoned beef or chicken and comes with Spanish rice and refried beans 22.00

FISH AND CHIPS

Beer battered fish, sea-salted fries and zesty tartar sauce 18.00

GRILLED CHICKEN BREAST <>

A large grilled chicken breast, parmesan-tossed asparagus, blistered red pepper sauce and brown rice pilaf 18.50

PENNE PASTA, ITALIAN SAUSAGE AND BROCCOLI

Spinach, cured roma tomato, garlic and parmesan 19.00

FIRE GRILLED NEW YORK STRIP*

A 12 ounce choice cut served with white cheddar whipped potatoes and topped with herbed butter 31.00

GRILLED SALMON FILLET <>

A lightly seasoned salmon fillet with mustard-chive sauce, vegetables and crispy vegetable potato hash 25.00

Greens

FIELD OF GREENS <>

A small salad with tender baby lettuce, tomato, cucumber and your choice of dressing 7.00

BABY CAESAR

A smaller version of our larger simple Caesar Salad 7.00

Create Your Own Greenery

Select the Main Ingredient

TRADITIONAL COBB SALAD

Chopped lettuce, tomato, avocado, blue cheese crumbles and chopped bacon (dressing served on the side)

GREEK SALAD

Romaine lettuce, roma tomato, roasted red pepper, cucumber, crumbled feta cheese, onions and olives (dressing served on the side)

CAESAR SALAD

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

MAIN INGREDIENT

Grilled Chicken <>	14.00	Grilled Shrimp	15.50
Seared Salmon* <>	14.50	Grilled Steak*	15.50
Simple Large	12.00		

Great Finishes

WARM DOUBLE-CHOCOLATE PECAN BROWNIE A LA MODE

Laced with caramel sauce, vanilla ice cream 7.50

BREAD PUDDING

Drizzled with bourbon vanilla sauce 8.00

NEW YORK STYLE CHEESECAKE

Raspberry sauce and whipped cream 7.50

FIELD STRAWBERRIES

Our version of strawberry shortcake 7.50

Häagen-Dazs® Ice Cream Parlor

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

2 Scoops 6.50 3 Scoops 7.50

French Vanilla or Chocolate

Includes three toppings; 0.75 for each additional ingredient

Chocolate Sauce	Chocolate Brownie
Raspberry Sauce	Bananas
Caramel Sauce	Silvered Almonds
Seasonal Berries	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

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