

good morning

Choose a Little, Choose a Lot

GOOD START BUFFET

Oatmeal, cold cereal, housemade almond granola, yogurt, whole and cut fresh fruit, milk, sliced cheeses and cold cuts with an assortment of breakfast breads and pastries. Includes juice and coffee 14.95

ALL AMERICAN BUFFET

The Good Start buffet PLUS eggs, breakfast potatoes, bacon, sausage, French toast and daily specials. Includes juice and coffee 16.95

Energize Your Day

HOT OATMEAL

Raisins, brown sugar 5.95

HOUSEMADE ALMOND GRANOLA 4.95

SELECTION of COLD CEREALS with MILK 4.95 
With fresh fruit, add 1.95

FRESH FRUIT PLATTER

Seasonal fruits and berries, low fat yogurt, low fat granola bar 13.95

3-Egg Omelets

All omelets include hash browns and selection of toast

YOUR WAY

Choose three items: bacon, cheddar, tomato, mushroom, green peppers, onion, sausage, ham, chicken apple sausage, salsa or fresh organic spinach 15.95

CORE FITNESS OMELETTE

Egg whites with organic spinach, feta cheese and artichokes 15.95

MARYLAND CHESAPEAKE OMELETTE

Your choice of eggs stuffed with crab meat and your choice of Swiss, Cheddar or American cheese 18.95

The Side Plate

FRUIT FLAVORED LOW FAT YOGURT 4.95

BOWL of FRESH CUT FRUIT 6.95

BACON or SAUSAGE LINKS 5.95

CANADIAN BACON or HAM 6.95

BREAKFAST POTATOES 4.95

TOAST 1.95

SHORT STACK PANCAKES 6.95

TWO EGGS 4.95

BAGEL with CREAM CHEESE or ENGLISH MUFFIN 2.95

BREAD BASKET

A sampling of breakfast pastries 3.95

ICED DANISH 4.95

FAT FREE GREEK YOGURT 4.95

*Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.

 Indicates a well-balanced, nutrient-rich Color Your Plate item. Learn more about our nutrition partner Core Performance, and Color Your Plate at Sheraton.com/fitness.



Fresh Start

GOOD START BREAKFAST

Oatmeal, cold cereal or housemade almond granola with fresh berries or bananas, skim milk and your choice of toast, bagel or muffin. Includes juice and coffee 12.95

ALL AMERICAN BREAKFAST

Two eggs any style with crisp hash browns. Choose bacon, ham, sausage or chicken apple sausage and toast, bagel or muffin. Includes juice and coffee 15.95

Signature Specialties

BREAKFAST QUESADILLA

Grilled flour tortilla with eggs, onions, peppers and monterey jack cheese 14.95

EGGS CHESAPEAKE

Poached eggs, English muffin, crab meat and hollandaise sauce 17.95

Early Favorites

BUTTERMILK PANCAKES

Maple syrup and whipped butter 15.95

OLD FASHIONED BELGIAN WAFFLE

Maple syrup, whipped cream and strawberries 15.95

FRENCH TOAST

Whole wheat bread dipped in low cholesterol eggs and crushed corn flakes. Served with fresh berries and bananas 15.95

TRADITIONAL EGGS BENEDICT

Poached eggs, Canadian bacon and hollandaise sauce on a grilled English muffin 16.95

SMOKED SALMON

A toasted bagel with smoked salmon, cream cheese, capers, tomatoes and onion 14.95

NY STEAK & EGGS

With wild mushroom bacon hash and grilled tomatoes 22.95

FAST FARE

Quickly scrambled eggs, diced ham and hash browns 14.95

BROKEN YOLK FRIED EGG SANDWICH

Sourdough, cheddar, maple pepper bacon, grilled tomatoes and hash browns or fries 14.95

Beverages

FRESHLY SQUEEZED ORANGE or GRAPEFRUIT JUICE 3.95

APPLE, CRANBERRY or TOMATO JUICE 3.95

COFFEE, DECAF or TEA 3.95

SPECIALTY COFFEE or TEA 4.95

MILK, 2%, SKIM or CHOCOLATE 2.95

SOY MILK 3.95

CAPPUCCINO or LATTE 4.95

ESPRESSO 3.95

SMOOTHIE 4.95

MINERAL WATER 12 oz. 2.95