



Sheraton

Savor the day

Openers

ICEBERG WEDGE AND TOMATO
Blue cheese, spring onions 7.00

HOME-STYLE CHICKEN NOODLE SOUP ✕
Egg noodles in herbed vegetable broth 8.00

CHIPS AND SALSA
Crispy corn tortillas with guacamole and salsa 6.00

CRISPY CALAMARI
Lightly breaded with zesty banana peppers served with cocktail sauce 11.00

Sandwiches and Favorites

FLAME GRILLED BURGER*
Half-pound patty, aged cheddar, tomato, and lettuce
Choice of french fries or garden salad 12.00

THREE-TIERED TURKEY CLUB
Lettuce, tomato and bacon on toasted bread of your choice
Choice of french fries or garden salad 14.50

MARKET VEGETABLE WRAP ✕
Spinach, roasted portobello, asparagus, red pepper, tomato,
soft mozzarella, arugula and basil pesto in whole wheat tortilla
Served with fruit and berries 14.50

ROASTED CHICKEN ON SOURDOUGH PANINI
Thinly-sliced chicken breast, onion-tomato marmalade,
aged cheddar and rosemary aioli
Choice of french fries or garden salad 15.00

SANTA FE GRILLED CHICKEN QUESADILLA
Spicy pepper jack cheese, sour cream, guacamole
and salsa 15.00

TURKEY BURGER
Freshly ground free-range turkey
Served with sliced tomato, onions, lettuce, ketchup
Choice of crispy fries or homemade chips 12.00

VEGGIE BURGER
Served with sliced tomato, onions, lettuce, ketchup
Choice of crispy fries or homemade chips 12.00

Main Courses

PENNE PASTA TOSSED WITH BROCCOLI
Spinach, cured roma tomato, garlic and parmesan 17.00
Add Italian sausage 19.00

CRISPY BATTERED COD FISH
Lemon, zesty tartar sauce and sea-salted fries 18.00

SHRIMP PESTO PIZZA
Sautéed shrimp, basil pesto and parmesan cheese 16.00

PIZZA MARGHERITA
Tomato, basil, mozzarella and parmesan cheese 10.00

SPAGHETTI WITH TOMATO BASIL SAUCE 10.00
Add meatballs 15.00

The Side Plate

PARMESAN LEMON-TOSSED ASPARAGUS ✕ 6.00

SEA-SALTED FRENCH FRIES 6.00

CRISPY VEGETABLE POTATO HASH ✕ 6.00

Create Your Own Greenery

Select the Main Ingredient and Dressing to finish off your salad

TRADITIONAL COBB SALAD
Chopped lettuce, tomato, avocado, hard-boiled egg,
blue cheese, and bacon

BAJA SALAD ✕
Romaine lettuce, roasted corn, black beans, diced
tomatoes, avocado with a lime-tequila dressing

CAESAR SALAD
Romaine tossed with shaved parmesan cheese and garlic
croustons

MAIN INGREDIENT
Grilled Chicken ✕ 18.00
Seared Salmon* ✕ 19.50

DRESSINGS
Champagne Vinaigrette, Blue Cheese, Low-Fat Ranch ✕
Classic Caesar or Balsamic Vinaigrette

Great Finishes

WARM DOUBLE-CHOCOLATE

PECAN BROWNIE A LA MODE 8.50

HALF DOZEN WARM DONUT SLIDERS
Mini donuts stuffed with caramelized bananas,
chocolate sauce 8.50

CHOCOLATE LAVA CAKE
Soft center, served warm with a scoop of
vanilla ice cream 8.50

NEW YORK STYLE CHEESE CAKE
Raspberry sauce 8.50

BERRIES OF THE SEASON ✕ 9.00

✕ 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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