

# HEARTLAND

G R I L L  
A Classic American Eatery

## Fresh Start

<b>Heartland Express*</b>	\$10
Two Eggs scrambled with ham and cheddar cheese, Breakfast potatoes & toast	
<b>Build to Suit Three Egg Omelet*</b>	\$11
Ham, sausage, bacon, tomato, onion, bell pepper, mushrooms & Cheese, breakfast potatoes & toast	
<b>Two Eggs any Style*</b>	\$8
Ham, bacon or sausage, breakfast potatoes & toast	
<b>Egg White*, Spinach &amp; Wisconsin Cheddar Omelet</b>	\$11
Grilled tomato or fresh fruit	
<b>Corned Beef Hash*</b>	\$11
Two Eggs any style, breakfast potatoes & toast	
<b>Chicken Fried Steak &amp; Eggs *</b>	\$13
Country gravy, breakfast potatoes & toast	

## Farmers Breakfast

<b>Biscuits and Country Gravy</b>	\$9
Breakfast potatoes	
<b>Big Country*</b>	\$11
Biscuits & gravy, short stack of pancakes, two eggs, breakfast potatoes, bacon, sausage or ham	

## From the Griddle

<b>Cinnamon Roll French Toast</b>	\$12
Dipped in vanilla batter, choice of bacon, sausage or ham	
<b>Hot Iron Waffle</b>	\$11
Belgium waffle batter, apple compote, banana or pecans	
<b>The High Rise</b>	\$10
Buttermilk pancakes with sweet cream butter and maple syrup choice of bacon, sausage or ham	
<b>Everything Bagel Sandwich</b>	\$9
Two eggs*, bacon or ham, American cheese & breakfast potatoes	
* Substitute egg whites or egg beater add \$2	

## Lighter Start

<b>Big Bowl of Seasonal Berries</b>	\$7
<b>Ruby Red Grapefruit</b>	\$6
Whole grapefruit and berries	
<b>Bagel and Lox*</b>	\$13
Plain bagel with cured salmon, egg, onion, tomato and capers	
<b>Fruit Kabobs and Yogurt</b>	\$10
Skewered seasonal fruit with blueberry, strawberry, plain or vanilla yogurt	
<b>Steel – Cut Oatmeal</b>	\$7
Course cut oats, brown sugar, raisins and fresh cream	
<b>Cereal and Toast</b>	\$5
Choose from the classics or have granola and choice of toast or English muffin	
<b>Congee</b>	\$8
A traditional Chinese rice porridge flavored with ginger, sesame, coriander and scallions. Served with warm soy milk.	

## Extras

Apple wood Bacon, Sausage, or Ham	\$3
Toast — (White, Wheat, Nine Grain, Marled Rye, English muffin)	\$2
Bagel and Cream Cheese	\$4
Seasonal Fruit Cup	\$5
Yogurt — (Strawberry, Blueberry, Plain, Vanilla)	\$5
Hashbrown Potatoes	\$3
Muffin of the Day	\$2
Cinnamon Roll, Scone,	\$3
Crumb Cake	\$4

## Bottomless Beverages

\$3
Freshly brewed Starbucks coffee
Freshly brewed Starbucks decaf
Assorted Tazo Tea – Regular or Decaf

## By the Glass

\$4
Fresh Orange or Grapefruit Juice
Apple, Cranberry, Tomato or V-8
2%, Skim, Whole, Chocolate or Soy
Cappuccino
Espresso

## We Proudly Brew

STARBUCKS COFFEE



Color Your Plate is a very simple approach to healthy eating that encourages guests to eat colorful, nutrient dense foods as part of a well-balanced meal to increase energy and performance. Learn more about our nutrition partner Core Performance and Color Your Plate at [Sheraton.com/fitness](http://Sheraton.com/fitness)

\*Hamburgers, steaks, fish/seafood & eggs that are served rare or medium-rare may be undercooked and will only be served upon the customers' request. Whether dining out or preparing food at home, the consumption of raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of food borne illness.