



# Grill Breakfast Menu

## ENERGIZE YOUR DAY

Steel Cut Oatmeal **GF**  
Dried fruits and brown sugar 10

Assorted Dry Cereals  
Choose from a variety including gluten free or crunchy granola, served with seasonal berries or sliced bananas, Special K, All Bran, Müslix, Raisin Bran, Frosted Flakes, Corn Flakes or Rice Krispies 9

Blackberry and  
Yogurt Smoothie **GF**  
Banana, low fat yogurt 10

Fresh Berry and Yogurt Parfait  
Layered with all natural granola 14

## EARLY FAVORITES

Build Your Own  
Continental Breakfast  
Individual flavoured yogurt, fresh sliced fruit and choose one of the following: Danish, muffin, croissant or toast. Choice of coffee, tea or juice 17

Deep Pocket Belgian Waffle  
Golden waffle, fresh berries,  
maple syrup, whipped cream 18

Griddled Buttermilk Pancakes  
Fresh berries and maple syrup 18

Chef's Omelet  
Three eggs packed with smoked ham,  
sautéed onions, mushrooms, aged  
cheddar, served with crispy golden  
breakfast potatoes and your  
choice of toast 19

The Fresh Start  
Two eggs done your way, bacon, ham or  
sausage, crispy golden breakfast potatoes  
and your choice of toast 21

## POWER UP

Smoked Salmon Bagel  
Atlantic smoked salmon, your choice of  
white or whole wheat bagel, served with  
cream cheese, onions and capers 17

Breakfast Tacos **GF**  
Scrambled eggs, pinto beans,  
chorizo sausage, cheddar cheese,  
salsa, sour cream 19

Beef Cheek and Gouda  
Stuffed French Toast  
Braised beef cheek, aged gouda,  
candied bacon, maple glaze 22

Egg White and  
Spinach Omelet **GF**  
Fresh egg whites, spinach, diced tomatoes  
and aged cheddar cheese, choice of crispy  
golden breakfast potato or fruit and your  
choice of toast 19

The Benedict  
Poached eggs, served on smoked back  
bacon, toasted English muffin,  
crispy golden breakfast potatoes,  
hollandaise 20

Grilled Steak and Eggs **GF**  
Aged striploin steak and two eggs  
done your way, crispy golden breakfast  
potatoes, your choice of toast 31

## THE SIDE PLATE

Big Bowl of Market Fruits  
and Berries **GF**  
A bright mix of seasonal favourites 12  
Choose only berries for 3 more

Smoked Bacon, Breakfast  
Sausage Links or Grilled Ham 8

A Cup of Yogurt **GF**  
Choice of Greek, non-fat, flavoured or plain,  
served with fresh berries 8

Crispy Golden Breakfast  
Potatoes 6

Grilled Tomatoes 5

Toasted Bagel with Philadelphia®  
Cream Cheese  
Low fat or regular 7

Breads and Pasties  
Choose one of the following: croissant,  
daily muffin, English muffin, sourdough,  
multi-grain, rye or white toast 5

## BEVERAGES

Juice  
Orange, apple, grapefruit,  
cranberry or tomato 5

Fresh Brewed Starbucks® Coffee  
Regular or decaffeinated 5

Cappuccino or Latte 6

Espresso 5

Milk  
Non-fat, 2%, soy or chocolate 5

Tazo® Tea  
Choose from a selection of regular  
and decaffeinated teas 6

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

\*Applicable taxes and gratuities not included, a 15% gratuity will be added for parties of 8 or more.

**GF** We pride ourselves in providing gluten friendly menu choices. While we endeavor to carefully prepare those meals to accommodate a gluten free diet, please be aware that they may be prepared in an environment where gluten is present. Please ask your server to assist you in making your selection. Please consult your physician as to your personal health decisions.

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