



#### **APPETIZERS**

SOUP OF THE DAY Created daily with local seasonal products	7.00
FRENCH ONION SOUP Served with croutons, Swiss cheese and grated parmesan	8.00
CRISPY CALAMARI Tender calamari dredged in flour and fried golden brown, served with Cajun aioli	12.00
CHICKEN WINGS (1 LB) BBQ, mild, hot, honey garlic or Cajun-dusted, served with carrot and celery sticks	13.00
BRUSCHETTA Diced tomatoes, red onion, chopped garlic, fresh basil and olive oil, parmesan chee with balsamic reduction	9.00 ese, drizzled
COCONUT SHRIMP Large coconut coated shrimp, served with piña colada dipping sauce	11.00
SHRIMP COCKTAIL Large shrimp served with seafood sauce and lemon	13.00
CRAB CAKE Crab meat, onions, peppers, mayo, parsley and panko bread crumbs drizzled with	9.00 chipotle dill aioli
SALADS	
FAMOUS COBB SALAD Avocado, boiled egg, blue cheese, cucumber, tomato, bacon, field mix with house of	11.00 dressing
SHERATON SIGNATURE SALAD (Local products) Organic mixed greens, roasted pears, cherry tomatoes, candied pecans, carrot zest, goat cheese with balsamic raspberry vinaigrette	SM 7.00 / LG 11.00
CAESAR SALAD Romaine hearts, creamy Caesar dressing, shaved parmesan, bacon and herbed croutons	SM 7.00 / LG 11.00
ROCKET SPINACH SALAD  Baby spinach, arugula leaves, mandarin orange segments, red onion, walnuts, crumb (balsamic, ranch, blue cheese, or house dressing)	11.00 bled goats cheese
GREEK SALAD Romaine and iceberg lettuce, cucumbers, tomatoes, red onion, peppers, Kalamata and oregano, with red wine vinaigrette	11.00 olives, feta cheese
SELECT A PROTEIN TO FINISH OFF YOUR SALAD	6.00

Grilled chicken breast (4 oz), Garlic shrimp skewer (3 pcs), Salmon (4 oz)



#### **BURGERS + SANDWICHES**

Served with your choice of fries, sweet potato fries, quinoa salad or side house salad

SHERATON PRIME BURGER Half pound Prime Rib patty, bacon, cheddar cheese, lettuce, tomato and chipotle jalapeno sauce on a gourmet egg bun	14.00
TURKEY BURGER Turkey breast, naan bread, cheddar cheese, lettuce, roasted pepper, humus spread and cranberry mayo	14.00
CALIFORNIA CLUBHOUSE PANINI Roasted turkey, peameal bacon, Havarti cheese, roasted red pepper mayo, and avocado on multigrain bread	13.00
STEAK HOAGIE 6oz. Strip Loin with sautéed mushrooms, onion, and Monterey Jack cheese	14.00
GRILLED VEGETABLE + GOAT CHEESE WRAP Grilled zucchini, roasted red peppers, onion, baby spinach and tomato	12.00
STEELTOWN CHEESE STEAK WRAP Shaved beef, caramelized onion, sweet peppers, BBQ sauce and Swiss cheese	14.00
GRILLED CHICKEN SANDWICH Goat cheese, pesto mayo, roasted red pepper, caramelized onion on a ciabatta bun	12.00
BUFFALO CHICKEN WRAP Chicken tenders, tossed with medium or hot wing sauce, blue cheese, Cheddars, avocado, lettuce and tomato	14.00
PASTA	
ASIAGO LINGUINE Green onion, sundried tomato, olive, asiago cheese in a garlic cream sauce	16.00
PENNE PRIMAVERA  Marinara sauce, garden fresh vegetables, shaved parmesan cheese, topped with kale flakes (Gluten free pasta option available)	14.00
LINGUINE PESTO Tossed in an olive oil lemon pesto sauce (nut free)	14.00
CHEESE CAPPELLETTI Cheese stuffed pasta, topped with kale, in an rose' or olive oil lemon pesto sauce	15.00
SELECT A PROTEIN TO FINISH OFF YOUR PASTA Grilled chicken breast (4 oz), Garlic shrimp skewer (3 pcs), Salmon (4 oz)	6.00
CHEF PLATE	

#### CARIBBEN JERK CHICKEN

18.00

1/4 grilled chicken with Caribbean style seasoning, served with rice and peas, fried plantain and coleslaw



### **ENTRÉES**

FISH + CHIPS 2 pc beer battered haddock, tartar sauce, served with your choice of regular or sweet potato fr	14.00 ies
FISH TACOS 2 pc panko crusted basa fillets, salsa, avocado, shredded cheese and coleslaw	13.00
CHICKEN FINGERS + FRIES Tender pieces of chicken, served with plum sauce	13.00
SCALLOP + SHRIMP RISOTTO Arborio rice cooked in white wine, garlic, lobster stock, finished with parmesan cheese and market vegetables	26.00
SALMON FILLET Pan seared with steamed vegetables, rice pilaf, and sauce vierge	21.00
VEGETARIAN PAD THAI Seasonal vegetables, sesame seeds and peanuts over rice noodles, spiked Thai sauce Add chicken or shrimp	15.00
	6.00
CHICKEN SUPREME Oven roasted, fingerling potatoes, seasonal vegetables, marsala cranberry sauce	21.00
GRILLED CERTIFIED ANGUS STRIP LOIN STEAK 8 oz. or 12 oz. AAA Canadian beef with green peppercorn sauce, red skin garlic mashed potatoes or baked potato and market vegetables	00 / 29.00
GRILLED CERTIFIED ANGUS TENDERLOIN 8 oz. AAA Canadian beef, mushroom red wine jus, garlic mashed or baked potato, market vege	29.00 tables
RIB EYE STEAK  14 oz. AAA Canadian beef, mushroom red wine jus and shallots, topped with gorgonzola butter	34.00
garlic mashed or fingerling potato, market vegetables Add shrimp brochette	6.00
ADDITIONAL SIDES: Gravy Sautéed mushrooms or Rice pilaf Seasonal vegetables, Sweet potato fries, or Crispy fries	3.00 4.00 5.00



#### **DESSERTS**

MOLTEN CHOCOLATE CAKE Rich chocolate cake with fresh berries (Gluten free option avail	8.00 lable)
CRÈME BRÛLÉE A house classic served with berries	8.00
LEMON TART BRÛLÉE Lemon curd in a classic crust	8.00
MAPLE APPLE CRUMBLE Garnished with seasonal berries, served warm	8.00
Add a scoop of ice cream	1.50
CHEESECAKE Topped with berry compote	8.00
ICE CREAM Vanilla, chocolate or strawberry (2 scoops)	4.00
SORBET Lemon or raspberry (2 scoops)	4.00
FRUIT BOWL Seasonal fruit and berries	9.00
CHEESE PLATE Chef's selection of cheeses + dried fruit	FOR ONE 16.00 / FOR TWO 25.00

#### **BEVERAGES**

SPECIALTY COFFEE	(0.507)	) + HOT DRINKS	5.00	)

#### SHERATON COFFEE

Amaretto, Cointreau, Baileys, whipped cream

#### AFRICAN DREAM

Amarula, Alizé Red Passion, whipped cream

#### B52 COFFEE

Kahlua, Baileys, Grand Marnier, whipped cream

#### MOCHA NUT COFFEE

Frangelico, Creme de Cacao, whipped cream

#### HEAVENLY COFFEE

Cognac, Grand Marnier, whipped cream

#### COCO MONKEY

Kahlua, banana liqueur, hot chocolate, whipped cream

#### NUTTY CHOCOLATIER

Frangelico, Baileys, hot chocolate, whipped cream

#### STARBUCKS® COFFEE + TAZO® TEA 4.00

Starbucks® Coffee House Blend, Decaffeinated, Espresso, Cappuccino, Latte, Assortment of Tazo® Tea