

# GRIDDLE FAVORITES



- Buttermilk Pancakes** 10.  
three buttermilk pancakes, with your choice of blueberries, bananas or chocolate chips, topped with whipped butter & a side of warm syrup
- Classic Cinnamon French Toast** 11.  
cinnamon raisin bread, soaked in egg & cream, browned on the griddle, powdered sugar dusted & fresh strawberries
- Belgium Waffle** 12.  
made from scratch waffle topped with piles of fresh whipped cream, berries, powdered sugar & real maple syrup
- Classic Omelet** 13.  
build your own: ham, sausage, bacon or smoked salmon, peppers, onions, mushrooms, tomato, jalapenos, cheddar, jack, swiss or provolone cheese
- Pancake Sandwich** 13.  
two pancakes, two eggs any style, smoked bacon or sausage, warm syrup & whipped butter

## All American 13.

two eggs any style, choice of bacon, sausage or ham steak and breakfast potatoes

## OU Sooner 17.

grilled angus strip-steak, biscuits, gravy, two eggs any style and breakfast potatoes

## Smoked Salmon 15.

cold smoked salmon, toasted bagel, cream cheese, capers, red onion, tomato

## Country Steak-n-Eggs 15.

two eggs any style, certified angus beef fritter, country gravy, breakfast potatoes & warm biscuits

# BREAKFAST BUFFET

15.95

## The Oklahoma Breakfast

choose from a variety of fresh fruits, yogurt, breakfast meats, eggs and made to order omelets, hot cereals, chefs daily selection of waffles, pancakes or french toast\*, potatoes, juice and coffee

**continental breakfast:** fresh fruits, pastry, cereals, yogurts and juice  
\* variety changes daily, see your server for daily offering 12.95

sheraton fitness by core performance selections

kashi and whole grain cereals, a wide variety of fresh fruits & berries, egg-white or egg beater omelets (made to order), fruit & protein enhanced yogurt, whole grain breads & muffins, soy & skim milk as well as turkey bacon & sausage (available upon request), nuts, dried fruits & flax seeds

- Cinnamon-Pecan Oatmeal** 7.  
served with a side of brown sugar & promise margarine (on the side)
- Egg-White & Spinach Omelete** 13.  
egg-white omelete with sauteed onions (in olive oil), baby spinach, tomato & cheddar cheese
- Greek Yogurt & Berry Parfait** 7.  
honey yogurt, seasonal berries, toasted flax seeds and naked granola
- Fresh Fruit Display** 12.  
seasonal fruit display with greek yogurt
- Bircher-meusli** 8.  
european style cream soaked oats, nuts, apples, raisins, fresh berries.. the worlds best way to eat oatmeal!
- Breakfast Cereal** 5.  
healthy kashi or your childhood favorite, see your server for available varieties, served with your choice of milk



\*indicates a well balanced, nutrient-rich ColorYour Plate item. learn more about our nutrition partner Core Performance, and ColorYour Plate at

## ON THE SIDE

Texas Ruby Biscuits  
Grapefruit & Gravy  
5. 5.

Pastry Basket  
croissant, cinnamon roll, muffin, pastry  
6.

Old Fashioned Fresh Fruit  
Oatmeal Medley  
5. 3.

Fruit Juices:  
Orange, Cranberry, Grape  
Grapefruit

3.  
Two Eggs Bone-in  
any style Ham Steak  
4. 5.

Bacon or  
Link Sausage  
Breakfast 4. Greek Yogurt  
Potatoes low-fat or fruit  
3. 3.

Toast & Jam 3.  
rye, honey-potato, 9 grain

## BEVERAGES

Starbucks  
Pikes Place Roast  
Latte or Cappuccino  
4.

Milk, 2%, Skim, Soy Milk  
3.

TAZO Tea  
wide variety of herbal teas  
3.



<http://globaltivity.com/10461889>

let us know how we are doing !

<http://globaltivity.com/10461889>

free QR reader:  
iOS

<https://itunes.apple.com/us/app/qr-reader-for-iphone/id368494609>

android

<https://play.google.com/store/apps/details?id=la.droid.qr>

1889  
Land Run Cafe