

Food + Drink

BREAKFAST

6:30 AM–11:00 AM

Dial 2245 to place your order.

To order breakfast for the next morning,
please place your order by 11:00 PM.

MAINS

Berry & Yogurt Smoothie

Seasonal Berries, Low Fat Yogurt, Local Raw Honey 5.00

Fresh Fruit Medley

Assortment of Seasonal Fresh Fruit, Berries 9.00

Homemade Granola Parfait

Low Fat Yogurt, Granola, and Fresh Berries 7.00

Assorted Cereals

Whole, 2%, Skim or Soy Milk 3.00

Steel Cut Oatmeal

With Cinnamon, Brown Sugar and Raisins 7.00

Baker's Basket

Half Dozen Assorted Muffins, Croissants & Danishes 8.00

FROM THE GRIDDLE

Crab Omelet

Jumbo Lump Crab Meat, Spinach, Tomatoes, Swiss cheese. Includes Breakfast Potatoes, Selection of Toast 14.00

Three Egg Your Way Omelet

Choose Three Selections: Mushroom, Tomato, Onion, Bell Peppers, Spinach, Bacon, Ham, Cheddar. Selection of Toast 12.00
Egg Whites Add 1.00

Golden Butter Milk Pancakes

Three Pancakes, Maple Syrup, Creamy Butter 8.00
Add Bananas or Seasonal Berries 2.00

Hot Iron Belgian Waffle

Crisp Golden Waffle Served with Whipped Cream, Maple Syrup, Raspberry Coulis and Fresh Strawberries 12.00

Stuffed French Toast

Brioche French Toast stuffed with Strawberries, Bananas, Mascarpone Cheese Topped with warm Maple Syrup 11.00

Huevos Rancheros

Over Easy Eggs on corn tortilla with Avocado, Salsa, Queso Fresco 12.00

Grilled Steak and Eggs

Char-Broiled Steak, Choice of Two Farm Fresh Eggs Cooked Any Style with Hash browns and Toast 13.00

Ham & Cheese Scramble

Ham, Cheddar, Breakfast Potatoes, Selection of toast 12.00

Poached Eggs Benedict

Sautéed Spinach, tomatoes, hollandaise sauce and Canadian Bacon. 12.00
With Salmon 12.50
With Crab cake 14.00

All prices in U.S. dollars. For your convenience a 21% service charge and \$2.50 delivery charge will be added automatically.

Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs or unpasteurized milk may increase your risk of food-borne illness. If you have any special dietary needs or restrictions, please contact In-Room Dining.

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SIDES

Smoked Bacon, Sausage Links, or Turkey Sausage Patties 4.00

Greek or Fruit Yogurt 4.00

Toasted Bagel with Cream Cheese 5.00

Selection of White or Wheat toast 2.00

Cheese Grits 4.00

Single egg 3.00

Breakfast Potatoes 3.00

DRINKS

Fresh Brewed Starbucks® Coffee

Regular or Decaffeinated 3.00

Selection of Tazo® Teas 3.00

Unsweetened Ice Tea 3.00

Orange, Grapefruit, Cranberry, Apple or Tomato Juice 3.00

Non-Fat, 2%, Whole, Chocolate or Soy Milk 3.00

Soda

Coca Cola Products 3.00

Bottled Water

Perrier 4.00

Pellegrino 4.00

KIDS BREAKFAST

Breakfast 6:30 AM–11:00 AM
Dial 2245 to place your order

BRIGHT-EYED BREAKFAST

ALL CHOICES SERVED WITH ORANGE JUICE

Favorite Cereals or Oatmeal
With Seasonal Fresh Berries 5.00

Silver Dollar Pancakes
Whipped Cream, Creamy Butter, Maple Syrup 6.00

The Scrambler
Fluffy Scrambled Eggs with Cheddar Cheese, Served With Bacon and Breakfast Potatoes 6.00

French Toast
Cinnamon & Vanilla Dipped Toast, Served with Maple Syrup and Creamy Butter 6.00

Mixed Berries & Fruit
A Bowl of Seasonal Fresh Fruit and Mixed Berries 5.00

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ALL-DAY

All Day 11:00 AM–11:00 PM
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SILVER SPRING STARTERS

Today's Thoughtful Soup
Chef Inspired, crafted ingredients 6.00

Chicken Quesadilla
Guacamole, Sour Cream, Salsa 12.00

Wings by the Dozen
Tossed in your choice of Buffalo or BBQ Sauce with Carrots, Celery,
Blue Cheese Dressing 12.00

Blue Crab Cake
House Slaw, Tartar Sauce, Grilled Lemon 12.00

Young Greens Salad
Tomato, Cucumber, Carrots, House Dressing 7.00

SALADS & SANDWICHES

ALL SANDWICHES ARE SERVED WITH BLACK PEPPER FRIES OR SIDE SALAD

Green Sesame Salad
Young Greens, shredded Carrots, Shaved Onions, Oranges, Toasted Sesame Seeds,
House Asian Dressing 10.00
With Grilled Chicken 12.00
With Blackened Salmon 14.00

Caesar Salad
Romaine, Parmesan Cheese, Garlic Bread Shards 9.00
With Chicken 13.00
With Salmon 15.00

Cobb Salad
Kitchen Tossed Iceberg Lettuce, Tomatoes, Bacon, Hard Boiled Eggs, Grilled Chicken,
Blue Cheese, and Avocado 14.00

Classic Burger
Brioche Bun, Lettuce, Tomatoes, Onions, Pickles, Choice of Cheese: (Cheddar,
Provolone, American, Swiss) 13.00

Chicken Sandwich
Grilled Onions, Mushrooms, Lettuce, Tomato, Melted Mozzarella 13.00

Grilled Cheese Sandwich
Farmer's White Bread, Sharp Cheddar, Grilled Tomatoes 10.00
With Avocado and Ham 12.00

ENTRÉES

Charred Half Chicken

Black Pepper fries, small Wedge Salad, house sauce 18.00

Grilled Pure Beef Strip

Center Cut, USDA Striploin Steak, Roasted Potatoes, Market Vegetable 25.00

Vegetable Rigatoni

Sautéed Mushrooms and Seasonal Vegetables, Wilted Spinach, Tomatoes, Basil Pesto, Parmesan Cheese 14.00

With Grilled Chicken 16.00

With Sautéed Shrimp 18.00

Grilled Beef Ribeye

Chimichurri, Whipped Potatoes, Market Vegetable 28.00

Pan Seared Salmon

Lemon Rice Cake, Braised Tomato Sauce, Market Vegetable 18.00

SIDES

Market Vegetables 6.00

Choice of Ranch, Blue Cheese, French, Italian, Honey Mustard, Balsamic Vinaigrette

Cheddar Mashed Potatoes 6.00

Parmesan Fries 6.00

Cream Spinach 6.00

DESSERTS

Warm Apple Cobbler

Vanilla Bean Ice Cream 7.00

Raspberry Cheesecake

Mixed Berry Compote 7.00

Fudge Brownie

Vanilla Bean Ice Cream 7.00

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KIDS ALL-DAY

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KIDS' ALL TIME FAVORITES

Grilled Chicken Salad

Romaine, Tomatoes, Cucumbers, Croutons, Choice of Dressing 6.00

ALL CHOICES BELOW COME WITH CHOICE OF FRENCH
FRIES, CARROTS AND CELERY, OR APPLE SLICES

Classic Cheeseburger

Kids Burger with American cheese 7.00

Goopy Grilled Cheese

On white or wheat bread 6.00

Turkey Sandwich

Whole grain with cheddar cheese, lettuce, and tomato 8.00

Crispy Chicken Tenders

All white meat tenders with bbq 7.00

DESSERT TIME

Vanilla, Chocolate or Strawberry Ice Cream

One Scoop 3.00

Low-Fat Plain or Berry Yogurt 5.00

Seasonal Berries with Whipped Cream 8.00

Chocolate Torte Cake 7.00

HOTEL RESTAURANTS

BAR-LOBBY LOUNGE

MICA BAR

4:00 PM–11:00 PM, Monday–Saturday

11:30 AM–11:00 PM, Sunday

RESTAURANT

MICA DINER

6:30 AM–2:00 PM, Monday–Saturday

7:00 AM–11:30 AM, Sunday



Sheraton®