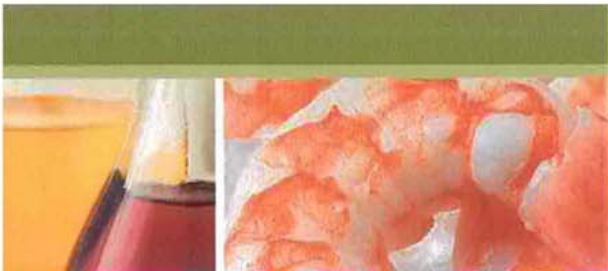




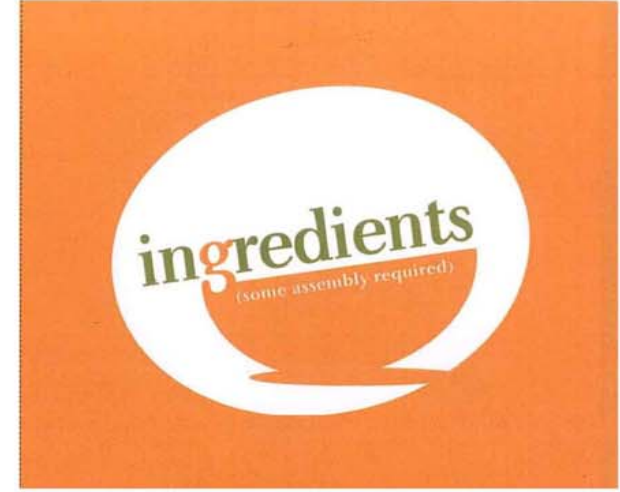
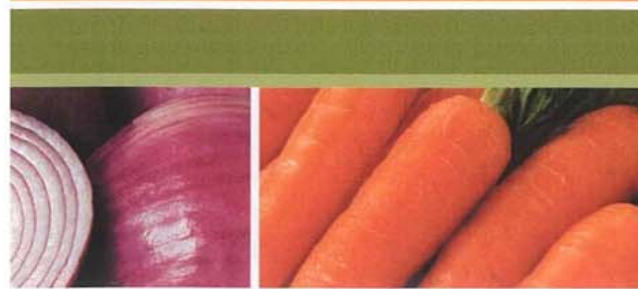
welcome to ingredients

using only the freshest ingredients, enjoy a variety of signature sandwiches and salads, brick oven pizza, soup, bakery items, local breakfast & lunch plate offerings.

ingredients also features a coffee bar and lounge area.

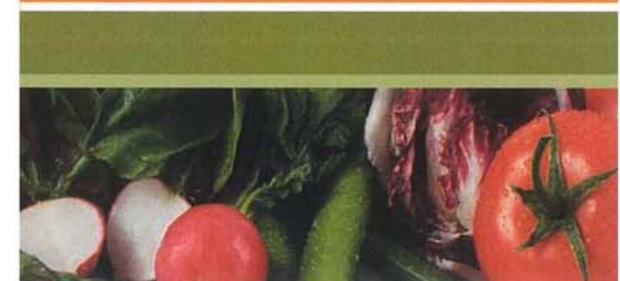


Sheraton Waikiki
2255 Kalakaua Avenue, Honolulu HI 96815
Phone 808.922.4422 Fax 808.923.8785
www.sheraton-waikiki.com
open daily



- gourmet salads
- sandwiches • brick oven pizza •
- soup • bakery items •
- local style breakfast & lunch plate lunch offerings
- coffee

dine in & take out



hawaiian breakfast specialties

- breakfast plate**.....15
scrambled eggs, bacon or sausage, hash brown or steamed rice,
croissant or muffin
- waffle (made to order)**.....10
topped with strawberries & whipped cream
- spam musubi (an island favorite)**.....4

grains & fruit

- fresh baked bagels.....3.00 with cream cheese.....4
Danish3.25
Cookie1.50

granola, yogurt & fruit

- yogurt parfait.....2.50
fresh fruit salad.....2.50
whole fruit1.25
hawaiian fruit4.00

signature smoothies.....5

- | | |
|--|-----------------|
| banana dreams | vanilla |
| cocomo | passion fruit |
| island fever | raspberry |
| mango season | aloha pineapple |
| wheatgrass shot "pure liquid sunshine".....4 | |

coffee and tea

- | | | |
|---|-------|-------|
| available hot or iced | 16 oz | 20 oz |
| fresh brewed coffee....regular or decaf | 2.50 | 2.75 |
| infused tropical iced tea | 2.50 | 2.75 |
| tea.....assorted varieties | 2.50 | 2.75 |

signature salads.....10

caesar chicken salad
romaine, tomato, parmesan cheese

shrimp cobb salad

smoked bacon, egg, corn
lemon avocado dressing

ginger ahi tuna salad

nalo greens, tomato, bell peppers
yuzu dressing

asian chicken salad

grilled chicken, mac nuts, napa cabbage, bean sprouts wonton
strips, sesame ginger vinaigrette

gourmet sandwiches.....10

roast beef & gorgonzola
caramelized onions, tomato, mixed greens, french baguette

heirloom tomato & mozzarella

arugula, artichoke aioli, basil pesto, la baccia bread

ingredients b.l.t.

smoked bacon, tomato, herb aioli, focaccia bread

turkey and cranberry

pepper jack, chipotle cranberry chutney, seeded baguette

chicken club

smoked bacon, avocado, mozzarella, herb aioli, organic wheat
bread

hawaiian plate lunch.....15

"loco moco plate"

a local tradition of a perfectly broiled beef patty, mushroom
gravy & fried egg served with steamed rice, local macaroni
salad & kim chee, all on 1 plate

brick oven pizzas.....10

10 inch, crispy thin crust with fresh tomato basil sauce &
topped with mozzarella

classic tomato & basil

wild mushroom

meat lovers

pepperoni

additional topping2

signature soups.....4

chicken noodle

new england clam chowder



All prices & menu items are subject to change with out notice

Phone (808) 922-4422