

# INNSIDER BAR AND GRILL

## BREAKFAST MENU

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fresh  
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### SPECIALTIES

#### EGGS BENEDICT ..... 12

A timeless classic of two poached eggs and Canadian bacon atop an English muffin and topped with Hollandaise sauce. 900 CAL

#### PANCAKES ..... 10

Griddled pancakes topped with butter and served with warm syrup. 1300 CAL Add blueberries for \$1 more! 1350 CAL

#### HUEVOS RANCHEROS\* ..... 11

Two eggs, cooked any style and set atop seasoned beans. Smothered in chill sauce, tangy cheeses and topped with crispy tortilla strips. 870 CAL

#### SUNRISE SANDWICH\* ..... 10

Two eggs any style, Cheddar cheese and choice of meat on an English muffin, served with breakfast potatoes. 840 CAL

#### TRADITIONAL FRENCH TOAST ..... 10

Two slices of thick cut bread battered and grilled to a golden brown. 670 CAL

#### HAM AND EGGS\* ..... 10

A 5 oz. grilled ham steak served with two eggs any style. 720 CAL

### HOTEL FAVORITES

#### INNJOYABLE BREAKFAST\* ..... 10.5

Two eggs any style served with breakfast potatoes, choice of meat and toast. 870 CAL

#### MORNING BREAKFAST BURRITO ..... 11

Two eggs scrambled with onion, peppers, bacon, crisp potatoes and shredded cheese stuffed into a warm flour tortilla. 1280 CAL

#### TAILOR MADE 3 EGG OMELET ..... 11

Made with your choice of sausage, ham, bacon, Cheddar cheese, Swiss cheese, peppers, onions, tomatoes, mushrooms, spinach served with breakfast potatoes and toast. 640+ CAL

#### START FRESH WRAP ..... 9.5

Egg whites scrambled with mushrooms, spinach, onions, and provolone cheese, wrapped in a whole wheat tortilla and served with breakfast potatoes or fruit. 820 CAL

#### MALTED MINI WAFFLES ..... 9.5

Crispy waffles served with berries, whipped cream and warm syrup. 1010 CAL

#### BUILD YOUR PERFECT BREAKFAST\* ..... 12

Choose your eggs, meat and a side. Perfect! 560+ CAL

#### ROOM SERVICE - Dial Extension: 111

18% service charge and applicable sales tax will be added to the price of all items. Delivery charges \$2.00

**BREAKFAST SERVED  
6:00 AM - 11:00 AM DAILY**

### SIDES

FRUIT	100 CAL	6
BACON	160 CAL	6
SAUSAGE	360 CAL	6
TOAST	120 CAL	3
BREAKFAST POTATOES	290 CAL	4.5
YOGURT	150 CAL	5
EXTRA EGG*	90 CAL	2.5
OATMEAL	450 CAL	5.5

### BEVERAGES

COFFEE	0 CAL	3
JUICE	110 CAL	4
TEA	0 CAL	3
MILK	80-150 CAL	3
ASSORTED SOFT DRINKS	0-160 CAL	3

2,000 calories a day is used for general nutritional advice, but calorie needs vary.  
Additional nutrition information available upon request.

\* These items may be served raw or under cooked, or contain raw or under cooked ingredients. Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions. FOR PARTIES OF 8 OR MORE, 18% GRATUITY AND \$10 DELIVERY CHARGE WILL BE AUTOMATICALLY ADDED TO THE BILL

# **INNSIDER**

## **BAR & GRILL**

LUNCH AND DINNER MENU

**TO-GO MENU until APRIL 30, 2020**

**Please Call 303-985-4897**

**Hours Monday Thru Friday**

**11AM-1PM and 4PM-8PM**

**Breakfast Menu also available from 6AM-11AM**

**Drinks \$3.00: Iced Tea  Raspberry Tea  Coke  Diet Coke  Sprite  Root Beer  Mr. Pibb  Orange   
Lemonade  Arnold Palmer**

### **SOUPS:**

**Innsider White Bean Chicken Chili**

**A flavorful bowl of homemade chili with white beans and chicken. Served with cheese and crisp corn chips. Bowl \$6.00, Cup \$4.00**

**Sweet Corn Chowder**

**Hearty & Creamy mix of Sweet corn, potatoes, celery and onion. Served in a bread bowl. \$7.00**

### **SALADS/APPETIZERS:**

**GRILLED SIRLOIN SALAD**

**Sliced grilled sirloin served over mixed greens tossed with a balsamic vinaigrette. Topped with bleu cheese, tomatoes, red onion and served with grilled Ciabatta. \$15.00**

**COBB SALAD**

**Mixed greens, grilled chicken, bacon, tomato, cucumber, red onion, chopped egg, crumbled blue cheese with blue cheese dressing. \$13.00**

**CAESAR SALAD**

**Crisp romaine lettuce, shaved Parmesan cheese and croutons tossed in Caesar dressing served with grilled Ciabatta. \$8.00**

**Add grilled chicken \$3.00  steak \$4.00**

**QUESADILLAS**

**Peppers, onions and a blend of melted cheeses in a buttery grilled tortilla. Served with salsa and sour cream \$10.00**

**Add grilled chicken \$3.00  steak \$4.00  shrimp \$4.00**

**FISH TACOS**

**Grilled Cod, shredded cabbage, fresh pico de gallo and a zesty cilantro lime sauce served on warm flour tortillas. \$12.00**

**BUFFALO CHICKEN WINGS**

**Your Choice of Buffalo  Coca-Cola BBQ  Honey Sracha   
Served with blue cheese, carrots, celery and pub chips. \$12.00**

### **BURGERS AND SANDWICHES**

**(Accompanied with your choice of pub chips  fries  onion rings )**

**CALIFORNIA CLUB**

**Triple decker sandwich layered with swiss cheese, oven roasted turkey, crispy bacon, tomato and avocado. \$12.00**

**MONTE CRISTO**

**A delightful blend of ham, turkey and American and Swiss cheeses on wheat bread, lightly battered and fried to a golden brown. Served with raspberry preserves. \$13.00**

**BUILD A BURGER**

**8 oz. of charbroiled Angus seasoned and topped with lettuce, tomato, pickles and red onion. \$14.00  
\$ 1.00 each topping**

**Cheddar  Bacon  Jalapeno peppers**

**Swiss  Guacamole  Grilled onions**

**Pepper Jack  Pico de gallo  BBQ sauce**

**American  Sautéed Mushrooms  Ranch Dressing**

**TUSCAN CHICKEN SANDWICH**

**Marinated chicken breast, grilled and topped with provolone, roasted red peppers, crisp greens and sliced tomato. Served on grilled Ciabatta with pesto mayonnaise. \$12.00**