

Hotel Favorites

Innjoyable Breakfast* ▶ 870 CAL

Two eggs, cooked any style, served with breakfast potatoes and your choice of meat and toast. \$11.50

Tailor Made 3 Egg Omelette*

▶ 640 CAL

Made with your choice of 1 meat (sausage, ham or bacon), 1 cheese (Cheddar, Swiss, American, Pepper Jack or Provolone) and 3 Vegetables (peppers, onions, tomatoes, mushrooms, or spinach), served with breakfast potatoes and toast. \$12.50

Start Fresh Wrap* ▶ 820 CAL

Scrambled egg whites with mushrooms, spinach, onion and Provolone cheese, wrapped in a whole wheat tortilla and served with breakfast potatoes or fruit. \$11.00

Malted Mini Waffles ▶ 1010 CAL

Waffles served with berries, whipped cream and warm syrup. \$11.50

Build Your Perfect Breakfast*

▶ 560+ CAL

Choose your eggs, meat and a side. Perfect! \$12.00

Morning Burrito* ▶ 450 CAL

Two scrambled eggs, onions, peppers, bacon, potatoes, cheese in a flour tortilla. Side of salsa & green chili. \$12.50

Breakfast Hours

Monday - Friday 6a - 11a

Saturday - Sunday 7a - 11a

Specialities

Sunrise Sandwich* ▶ 840 CAL

Two scrambled eggs, Cheddar cheese and choice of meat on an English muffin, served with breakfast potatoes (sub fruit for \$1). \$11.00

Ham and Eggs* ▶ 720 CAL

A 5 oz. grilled ham steak served with two eggs, cooked any style. \$11.50

Huevos Rancheros* ▶ 820 CAL

Two eggs, cooked any style, set atop beans, potatoes, onions, peppers. Smothered in green chili and cheese. \$12.50

Yogurt and Berries ▶ 165 CAL

Greek yogurt topped with fresh berries. \$7.50

Breakfast Bowl* ▶ 375 CAL

Scrambled eggs, cheddar jack cheese served with potatoes, choice of meat. \$10.00

Pancakes ▶ 600 CAL

Three fluffy pancakes served with syrup and butter. \$11.50

Oatmeal ▶ 180 CAL

Served with raisins and brown sugar. \$6.50

Sides

Fruit \$7.00 ▶ 100 CAL

Breakfast Potatoes \$4.50 ▶ 290 CAL

Bacon \$6.00 ▶ 160 CAL

Sausage \$6.00 ▶ 360 CAL

Toast \$3.00 ▶ 120 CAL

Extra Egg* \$2.50 ▶ 90 CAL

Drinks

Assorted Soft Drinks \$3.00 ▶ 0-160 CAL

Coffee \$3.00 ▶ 0 CAL

Juice \$3.50 ▶ 110 CAL

Tea \$3.00 ▶ 0 CAL

Milk \$3.00 ▶ 150 CAL



**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, a 20% gratuity will be automatically added to the bill. 2,000 calories a day is used for general nutritional advice, but calorie needs vary. Additional

INNSIDER BAR & GRILL

Lunch & Dinner Menu

303-985-4897

APPETIZERS

Buffalo Wings 1590 CAL \$14.50
Choice of buffalo, BBQ or honey sriracha. Served with carrots, celery, French fries and bleu cheese dressing.

Chicken Strips 980 CAL \$14
Served with French fries. Choice of honey mustard or BBQ.

Quesadilla 1000 CAL \$12
Peppers, onions and a blend of cheeses grilled in a buttery tortilla. Served with salsa and sour cream. Add Chicken: \$3 -385 CAL Steak* \$4 - 460 CAL Shrimp \$3 - 99 CAL

Nachos 550 CAL \$12
Tortilla chips topped with cheese, tomatoes, jalapenos, black olives and sour cream. Side of salsa. Add Chicken: \$3 -385 CAL Steak* \$4 - 460 CAL Beef \$3 - 427 CAL

Stuffed Mushrooms. 725 CAL \$13
Lightly battered, stuffed with garlic and topped with parmesan. Served with side of ranch dressing.

Chips and Salsa 319 CAL \$9
Basket of tortilla chips and a side of homemade salsa.

Chili Cheese Fries 920 CAL \$10
Plate full of golden fries smothered with cheddar cheese and green chili.

Soft Tacos 900 CAL \$11
3 flour tortilla tacos filled with greens, pico de gallo, cheese and sour cream. Add Chicken: \$3 - 385 CAL Steak* \$4 - 460 CAL Shrimp \$3 - 99 CAL

Fish and Chips 842 CAL \$15
Flaky beer battered cod served with French fries and creamy coleslaw.

Ale Braised Brisket Sliders 1100 CAL \$14
Slow cooked Angus beef brisket sliders covered in melted provolone with a side of creamy horseradish and au jus. Served with French fries.

SALADS

Caesar Salad 650 CAL \$12
Crisp romaine lettuce, shaved Parmesan cheese and croutons tossed in Caesar dressing. Served with garlic bread. Add Chicken: \$3 -385 CAL Steak* \$4 - 460 CAL Shrimp \$3 - 99 CAL

Grilled Sirloin Salad* 530 CAL \$18
Sliced grilled sirloin served over lettuce with bleu cheese crumbles, red onion. Served with balsamic dressing and garlic bread.

ENTREES Served with your choice of 2 sides.

Citrus Grilled Salmon* 610 CAL \$20
6oz. Grilled salmon finished in a citrus, white wine butter sauce.

Chicken Fried Steak 611 CAL \$19
Home style chicken fried steak served with white gravy.

Top Sirloin* 1066 CAL \$33
14oz. baseball cut sirloin with café butter and Merlot-mushroom demi.

Pot Roast 600 CAL \$21
Tender roast beef served with potatoes, carrots, onions and celery, topped with dark gravy.

PASTAS Served with a side salad.

Shrimp Scampi Penne 1640 CAL \$20
Penne pasta tossed with garlic, white wine, butter and a touch of lemon. Topped with grilled shrimp, charred tomatoes, shaved parmesan and garlic bread.

Blackened Chicken Alfredo 1260 CAL \$20
Blackened chicken and penne pasta tossed with roasted garlic, mushrooms, and charred tomatoes and served with ciabatta.

Garden Penne Pasta 960 CAL \$17
Sautéed vegetables and penne pasta tossed with roasted red peppers and pesto, topped with shaved Parmesan and served with ciabatta. Add Chicken: \$3 -385 CAL Steak* \$4 - 460 CAL Shrimp \$3 - 99 CAL

Chicken Risotto 370 CAL \$20
Grilled chicken served with sautéed spinach, mushrooms and peppers in a garlic lemon cream sauce over a bed of white wine risotto.

BURGERS & SANDWICHES

All of our burgers are served with your choice of one side.

BBQ Bacon Cheddar Burger* 1380 CAL \$17
8oz char-boiled Angus burger, seasoned and topped with barbeque sauce, crisp bacon and melted cheddar Cheese.

BLT Club Wrap 490 CAL \$14
Shaved turkey, ham, bacon, lettuce, tomato, Swiss and cheddar cheeses wrapped in a flour tortilla.

California Club 791 CAL \$15
Triple decker sandwich layered with Swiss, oven roasted turkey, bacon, lettuce, tomato, avocado and mayo.

Reuben 900 CAL \$15
Perfect blend of corned beef, Swiss cheese, sauerkraut and 1000 island dressing on toasted rye.

Build Your Own Sandwich \$14
Choice of One: 8oz Angus burger*- 770 CAL/ 6oz Grilled chicken- 407 CAL/ Veggie patty- 120 CAL/ **\$.75 each topping** - cheddar, American, Swiss, Pepper Jack, jalapenos, BBQ, grilled onions, grilled mushrooms, pico de gallo, guacamole. Add bacon for \$2.00

Tuscan Chicken Sandwich 1140 CAL \$14
Grilled chicken topped with Provolone cheese, roasted red pepper, crisp greens and sliced tomato served on Ciabatta with pesto mayonnaise.

Monte Cristo 1200 CAL \$15
A delightful blend of ham, turkey, American and Swiss on wheat bread, lightly battered and fried to a golden brown. Served with raspberry preserve.

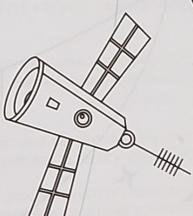
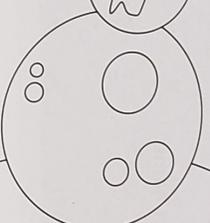
SIDES

French Fries \$5 -280 CAL
Red Skin Mashed Potatoes \$5 -200 CAL
Rice Pilaf \$5 -210 CAL
Seasonal Vegetables \$5.5 -30 CAL
Onion Rings \$6 -600 CAL
Side Salad \$5 -150 CAL
Soup of the Day \$6 - 226 CAL

DESSERTS

Brownie Sundae \$9 -1010 CAL **NY Cheesecake** \$7 -800 CAL **Apple Crisp** \$7 -530 CAL

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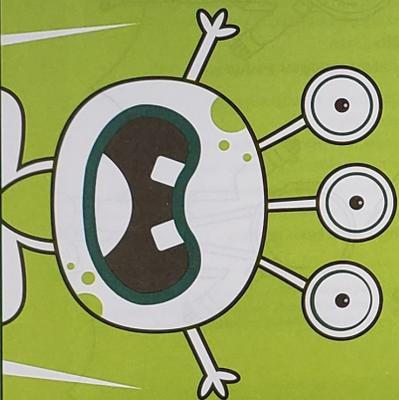
Evening Eats

Each meal includes a froz and choice of milk

- Grilled cheese with fresh fruit (80-150 cal) or so
- Mac & cheese with fresh fruit (550-600 cal) or so
- Chicken fingers with fresh fruit (550-600 cal) or so
- Cheeseburger with fries (540-610 cal) or so
- Grilled chicken with fries (540 cal) **
- Pizza with fresh fruit (160-240 cal) **
- Pizza with veggies (160-240 cal) **

Out-of-This-World

Kids Eat Free*



Breakfast Bites \$5.75

- Each meal includes choice of orange juice (110 cal) or milk (80-150 cal)†
- Mini malted waffles with bacon (610 cal)
- Eggs with bacon and toast (400 cal)**
- Oatmeal (210 cal)
- Fresh fruit and yogurt (150-220 cal)
- Cereal with milk and fresh fruit (200-440 cal)



*Available at Holiday Inn® Hotels & Resorts in the US and Canada. Up to 2 kids age 12 and under eat free with one adult paying for their meal. Not available for room service or with room rates negotiated for groups or for rates. If ordered from your room, the meal price will apply as well as the hotel's and sales tax.

†Notice: Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.

**1,200 to 1,400 calories a day is used for general nutrition advice for children ages 9 to 13. Calorie needs vary. Additional nutrition information available upon request.