

Atrium Bistro
DINNER



Sheraton
Minneapolis West
HOTEL

FLAVOR

OF
THE
day



Sheraton Minneapolis West
Minnetonka, MN

DINNER

Small Plates

GRILLED CHICKEN FLAT BREAD grilled chicken, asparagus, brie, shallot butter	\$8.95
 PARMESAN ASPARAGUS sautéed asparagus tossed with shredded parmesan cheese and fresh lemon	\$4.95
WILD RICE WALLEYE CAKES wild rice salad, ancho-chile aioli	\$10.95
SOUP DU JOUR cup	\$4.95
	\$6.95
CAPRESE fresh mozzarella, basil, roma tomato, balsamic syrup, with grilled ciabatta	\$9.95
HUMMUS AND PITA CHIPS	\$6.95

Greens

Starter/Entree

BISTRO CHOP grilled chicken, romaine, tomato, gorgonzola, Swiss, bacon, hard boiled egg, flax seed, sunflower seed, tossed in a herb vinaigrette	\$5.95/\$11.95
CHICKEN BERRY mixed greens, strawberries, blueberries, gorgonzola, spiced pecans, tossed in a homemade strawberry-poppy seed dressing	\$4.95/\$10.95
CAESAR CLASSIC romaine, croutons, parmesan	\$3.95/\$8.95
 GREEK SALAD romaine lettuce, grilled chicken, roasted red pepper, roma tomato, onion, cucumber, calamata olives and feta cheese with low-fat Italian	\$3.95/\$9.95

*all salads available as starter or entrée
add grilled sirloin or chicken for \$3
add grilled salmon or shrimp for \$6*

Between Bread

all sandwiches served with your choice of french fries, kettle chips or fresh fruit

CLUB HOUSE SANDWICH Boar's Head roasted turkey and tavern ham, smoked bacon, cheddar cheese, mayonnaise on wheat	STEAK SLIDERS peppered steak medallions, gorgonzola cheese, sweet caramelized onions	 GRILLED PORTOBELLO BURGER grilled Portobello mushroom cap, avocado, tomato and goat cheese on a whole wheat bun with a spring green salad.
\$10.95	\$10.95	\$9.95
DIJON CHICKEN MELT grilled chicken, sautéed mushrooms and onions, Swiss cheese, Dijon aioli, on sourdough bread	WALLEYE SANDWICH panko crusted walleye, lettuce, tomato, tarter sauce on a toasted wild rice hoagie	BOAR'S HEAD DELI Boar's Head turkey, ham or pastrami on marble rye, multigrain or sourdough with lettuce, tomato and your choice of cheese
\$10.95	\$12.95	\$10.95
TURKEY AND BRIE MELT mesquite smoked turkey, melted Brie cheese, cranberry aioli, on a toasted wild rice hoagie	BUILD YOUR OWN BURGER half pound angus beef, lettuce, tomato, red onion, and your choice of egg or wheat bun, American, cheddar, Swiss, pepperjack or bleu cheese, bacon, or avocado	
\$11.95	\$10.95	

Side Dishes

VEGETABLE POTATO HASH	\$4.95
WILD RICE PILAF	\$4.95
ROASTED FINGERLING POTATOES	\$4.95

Desserts

CARAMEL APPLE PIE	\$6.50
CHOCOLATE FUDGE CAKE	\$6.50
TURTLE CHEESECAKE	\$6.50
BERRIES FROM THE MARKET 	\$5.50

Bistro Favorites

 ATLANTIC SALMON roast salmon, vegetable-potato hash, asparagus with chive mustard sauce	LONDON BROIL balsamic-pinot noir jus, caramelized pearl onions, asparagus, tri-color fingerling potatoes	STIR FRY Asian vegetables, soft rice noodles, ginger-soy sauce
\$18.95	\$14.95	\$9.95
MINNESOTA WALLEYE panko crusted, lemon-caper aioli, asparagus, wild rice pilaf	STEAK FRITES 12 ounce Sterling Silver NY strip steak, tarragon beurre rouge, grilled leeks and asparagus with french fries	GRILLED PORK TENDERLOIN Pear-arugula with bleu cheese and pecan salad, fingerling potatoes, bacon-port vinaigrette
\$17.95	\$22.95	\$18.95
PORTABELLA MUSHROOM RAVIOLI tossed with sautéed Portobello mushrooms, caramelized onions, roasted red peppers, leeks and goat cheese	 CHAR GRILLED CHICKEN BREAST grilled chicken breast, mushrooms, asparagus, apricot, fingerling potatoes in maderia sauce	
\$13.95	\$13.95	

Beverages

COKE, DIET COKE, SPRITE, MELLOW YELLOW,	\$2.25	2%, SKIM, WHOLE, CHOCOLATE MILK	\$2.95
FANTA ORANGE, PIBB EXTRA, ROOTBEER		STARBUCKS COFFEE, TAZO TEAS, HOT COCOA	\$2.25
BOTTLED WATER	\$2.50	ESPRESSO	\$2.95
PERRIER SPARKLING WATER	\$3.00	CAPPUCCINO, LATTE, CAFÉ AMERICANO	\$3.95
ORANGE, GRAPEFRUIT, CRANBERRY, APPLE, TOMATO OR V8 JUICE	\$2.95	ICE TEA, LEMONADE, OR ARNIE PALMER	\$1.95

color
YOUR
plate™

Brighten your diet with Color Your Plate, a simple approach to eating right by adding colorful foods to your meals, Core Performance™, our partner in fitness, recommends adding three colors that come from fruits and vegetables to increase energy and maintain a balanced diet. Look for dishes marked with  throughout your stay.

 Red foods like cranberries, red peppers, tomatoes and watermelon support the heart and circulatory system.

 Orange foods like pumpkin, papaya, sweet potatoes and peaches support skin and eye health.

 Yellow peppers, pineapple, squash and other yellows optimize brain function.

 Greens like broccoli, spinach, kiwi and avocados rejuvenate muscle and bone.

 Blues like plums, blackberries, eggplant, and figs promote circulation.

 White foods like cauliflower, onions, parsnips, and garlic enhance cellular recovery and the immune and lymphatic systems.

MIXING BUSINESS AND NATURE

Offering the peace and quiet of the countryside, combined with big-city convenience, the Sheraton Minneapolis West captures the spirit of Minnesota's outdoor wonders. Business is more pleasurable among natural surroundings like nearby Lake Minnetonka. Along with Twin Cities convenience, wild life and waterfowl are never far away. Deer, ducks and geese are frequently seen about the hotel grounds and neighboring nature preserve. You'll experience the feeling of the Northwoods in the lobby with its homey leather and wool plaid furnishings. Dining means Great Lakes and Northern Plains specialties like freshwater walleye and wild rice. What a great opportunity to mix business with the pleasures of nature in a unique atmosphere of exception comfort and hospitality...at the Sheraton Minneapolis West.