

# CAFE AQUATICA

## BREAKFAST MENU

start  
fresh  
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### SPECIALTIES

**VEGGIE SKILLET ..... 11.5**

Two eggs any style, broccoli, mushrooms, peppers, onion and tomato combined with breakfast potatoes and topped with shredded Cheddar. 850 CAL

**SUNRISE SANDWICH ..... 12.5**

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

**BISCUITS AND GRAVY ..... 10**

Freshly baked biscuit topped with sausage gravy and served with two eggs cooked to order and choice of meat. 860 CAL

**EGGS BENEDICT ..... 12.5**

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

**HAM AND EGGS ..... 12**

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

**TRADITIONAL FRENCH TOAST ..... 10**

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

### HOTEL FAVORITES

**INNOYABLE BREAKFAST ..... 12.5**

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

**SLIDER TRIO ..... 13.5**

One of each bacon-sausage-ham slider, topped with fluffy scrambled eggs and Cheddar cheese served with breakfast potatoes. 1180 CAL

**TAILOR MADE 3 EGG OMELET ..... 13.5**

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 ..... 12.5**

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 ..... 11.5**

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

**BUILD YOUR PERFECT BREAKFAST ..... 14.5**

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

**ROOM SERVICE - Dial Extension: 141**

20% service charge and applicable sales tax will be added to the price of all items. Delivery charges \$3.00

**BREAKFAST SERVED  
6:30AM - 10:00AM WEEKDAYS  
7:00AM - 11:00AM WEEKENDS**

### SIDES

FRUIT	100 CAL	5.5
BACON	160 CAL	4.5
SAUSAGE	360 CAL	5.5
TOAST	120 CAL	3.5
BREAKFAST POTATOES	290 CAL	4
YOGURT	150 CAL	3.5
EXTRA EGG	90 CAL	4
OATMEAL	450 CAL	7

### BEVERAGES

COFFEE	0 CAL	3.5
JUICE	110 CAL	4.5
TEA	0 CAL	3.5
MILK	80-150 CAL	3.5
ASSORTED SOFT DRINKS	0-160 CAL	3.5

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

# CAFE AQUATICA

## APPETIZERS

### BUFFALO WINGS \* 11

Flash-cripsed and sauce slathered. With carrot and celery sticks. Buffalo, Coca-Cola BBQ or Honey Sriracha. 1590 CAL

### CHICKEN STRIPS \* 10.5

Tender chicken breast battered and fried to a golden brown. Served with your choice of honey mustard or barbecue sauce and house made pub chips. 980 CAL

### FISH TACOS \* 16

Grilled fish, shredded cabbage, fresh Pico de Gallo and a zesty cilantro lime sauce served on warm flour tortillas. 820 CAL

### QUESADILLA \* 8

Peppers, onions and a blend of cheeses grilled in a buttery tortilla. Served with salsa and sour cream. 1000 CAL Add grilled chicken \$5. 1120 CAL Add steak \$6. 1305 CAL Add shrimp \$7. 1090 CAL

### SLIDERS \* 11

Three mini burgers topped with crisp bacon, Cheddar cheese and a side of our house made pub chips. 1340 CAL

### BBQ CHICKEN FLATBREAD\* 13.5

Grilled chicken breast, caramelized onion and smoky barbecue sauce with a blend of cheeses. 860 CAL

### FRIED CALAMARI\* 12.5

Tender lightly breaded calamari in a salt and pepper mix, served with a sweet Thia Chili sauce 360 CAL

### SOUP OF THE DAY 9

Made fresh daily. Varies

### POPCORN SHRIMP \* 12

21 Breaded shrimp fried to perfection and served with Cocktail sauce 350 CAL

### SHRIMP COCKTAIL \* 15

6 Chilled jumbo served with cocktail sauce and lemon 300 CAL

## BURGERS & SANDWICHES

All of our burgers are served with lettuce, tomato, red onion and your choice of one side.

### CLASSIC BURGER \* 12

8 ozs. of char-broiled Angus, seasoned and topped with your choice of cheese. 680 CAL

### BBQ BACON CHEDDAR BURGER \* 14

8 ozs. of char-broiled Angus, seasoned and topped with barbecue sauce, crisp bacon and melted Cheddar. 1380 CAL

### BUILD YOUR OWN BURGER \* 14

8 ozs. of char-broiled Angus topped with your choice of the following toppings, Cheddar, Swiss, or Pepper Jack cheese, grilled onions sautéed mushrooms, jalapeno peppers, Pico de Gallo. Add bacon for an additional \$2. 770+ CAL

### TUSCAN CHICKEN SANDWICH \* 14

Marinated chicken breast, grilled and topped with Provolone, roasted red pepper, crisp greens and sliced tomato. Served on a grilled Ciabatta with pesto mayonnaise. 1140 CAL

### BLT CLUB WRAP \* 15

Shaved turkey, ham, bacon, lettuce, tomato, Swiss and Cheddar cheese wrapped in a flour tortilla. 1300 CAL

### GRILLED SALMON BLT\* 16

A maple-glazed salmon fillet, seasoned and served on a grilled Ciabatta roll with Dijon mustard, thick cut bacon, lettuce and tomato. 1100 CAL

### BLUE BURGER\* 14

8 ozs. of char-broiled Angus, seasoned and topped savory blue cheese. 1090 CAL

## SALADS

### CAESAR SALAD \* 8

Crisp romaine lettuce, shaved Parmesan cheese and croutons tossed in Caesar dressing and served with grilled Ciabatta. 650 CAL Add grilled chicken \$5. 770 CAL Add steak \$6. 955 CAL Add shrimp \$7. 740 CAL

### GRILLED SIRLOIN SALAD \* 18

Sliced grilled sirloin served over mixed greens tossed with balsamic vinaigrette. Topped with blue cheese, tomatoes, red onion and served with grilled Ciabatta. 530 CAL

### COBB SALAD\* 17

Mixed greens, grilled chicken, bacon, tomato, cucumber, red onion, chopped egg, crumbled blue cheese. 670 CAL

### CRISPY CHICKEN SALAD\* 17

Mixed greens topped with cucumbers, tomatoes, shredded Cheddar cheese and crispy chicken strips tossed in honey mustard dressing. 1120 CAL

## ENTREES

Most of our Entrees are served with your choice of two sides; Pasta dishes are served with side salad.

### CITRUS GRILLED SALMON\* 18

A grilled fillet of salmon finished in a citrus, white wine butter sauce. 610 CAL

### FISH & CHIPS\* 17

Flaky beer battered cod, fried to a golden brown with our house made pub chips and creamy cole slaw. 720 CAL

### MONTEREY GRILLED CHICKEN\* 14

Tender grilled chicken breast topped with barbecue sauce, diced tomatoes, crisp bacon and Monterey Jack cheese. 550 CAL

### BLACKENED CHICKEN ALFREDO\* 13

Penne pasta with roasted garlic, mushrooms, charred tomatoes, served with grilled Ciabatta. 1260 CAL Sub Blackened Shrimp \$6 1200 CAL

### SRIRACHA SIRLOIN\* 26

A center cut, choice Top Sirloin grilled and topped with a Sriracha glaze. 890 CAL

### CHICKEN PARMESAN 18

Hand breaded chicken breast sauteed and baked, topped with our zesty marinara sauce, mozzarella cheese, served over angel hair pasta 1050 CAL

## DRINKS

COFFEE	0 CAL	3
TEA	0 CAL	3
MILK	150 CAL	3
ASSORTED SOFT DRINKS	0-160 CAL	3

## DESSERTS

NY CHEESECAKE	800 CAL	8
BROWNIE SUNDAE	1010 CAL	9
ICE CREAM	510 CAL	5
KEY LIME PIE	670 CAL	8

## SIDES

FRENCH FRIES	280 CAL	4.5
RICE PILAF	210 CAL	4.5
PUB CHIPS	540 CAL	5.5
SEASONAL VEGETABLES	30 CAL	5.5
RED SKIN MASHED POTATOES	200 CAL	5.5
SIDE SALAD	150 CAL	5

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### ROOM SERVICE - Dial Ext: 141

20% gratuity charge and applicable sales tax will be added to the price of all items. Delivery charges \$3.00

DINNER SERVED  
6PM-11PM DAILY

 **Holiday Inn**  
AN IHG® HOTEL



## WINE

### WHITES

	GLASS	BOTTLE
<b>Pinot Grigio</b> DANZANTE, ITALY	9	39
<b>Chardonnay</b> CANYON ROAD, CALIFORNIA	8	27
<b>Chardonnay</b> KENDALL-JACKSON, CALIFORNIA	11	39
<b>Sauvignon Blanc</b> MATUA, NEW ZEALAND	11	39
<b>Riesling</b> CHATEAU STE. MICHELLE, WASHINGTON	10	30
<b>White Zinfandel</b> BERINGER, CALIFORNIA	8	27

### REDS

<b>Pinot Noir</b> MONTEREY VINEYARDS, CALIFORNIA	9	40
<b>Merlot</b> CANYON ROAD, CALIFORNIA	8	28
<b>Merlot</b> RODNEY STRONG, CALIFORNIA	11	40
<b>Cabernet Sauvignon</b> CANYON ROAD, CALIFORNIA	8	27
<b>Cabernet Sauvignon</b> KENDALL-JACKSON, CALIFORNIA	11	40
<b>Red Blend</b> 14 HANDS STAMPEDE, WASHINGTON	9	30

## COCKTAIL DRINKS

<b>APPLETINI</b> .....	9
Absolut Citron, DeKuyper Sour Apple Pucker, orange liqueur and fresh lemon sour mix.	
<b>BLOODY MARY</b> .....	9
Smirnoff vodka and our zippy Bloody Mary mix.	
<b>HOLIDAY INN ICED TEA</b> .....	9
Vodka, gin, white rum, Blanco Tequila, orange liqueur, fresh lemon sour, cranberry juice and Sprite.	
<b>CLASSIC MARTINI</b> .....	9
Smirnoff vodka or Beefeater gin, a splash of M & R dry vermouth - olive or lemon twist.	
<b>LEMON DROP</b> .....	9
Absolut Citron vodka, orange liqueur, fresh lemon sour mix with a sugared rim.	
<b>LYNCHBURG LEMONADE</b> .....	9
Jack Daniel's, orange liqueur, Sprite and fresh lemon.	
<b>MANHATTAN</b> .....	9
Jim Beam Kentucky Straight Bourbon Whiskey, sweet vermouth, Angostura bitters. <i>Maker's Mark \$2 more.</i>	
<b>MEXICAN MULE</b> .....	9
Sauza Blue Agave Tequila, ginger beer and fresh lime over ice.	

## BEER

### CRAFT

Blue Moon	6.5
Goose Island IPA	6.5
Sam Adams	6.5
Sam Adams Seasonal	6.5
Leinenkugel Seasonal	6.5

### IMPORTS

Corona Extra	6.5
Heineken	6.5
Stella Artois	6.5
Guinness	6.5

### DOMESTIC

Bud Light	5.5
Budweiser	5.5
Coors Light	5.5
Miller Lite	5.5