



Sheraton Norfolk Waterside  
777 Waterside Drive, Norfolk,  
VA, 23510  
757-622-6664  
[Marriott.com/ORFSI](http://Marriott.com/ORFSI)

### Continental Buffet — 12.50

Fresh cut fruit, fresh daily bakery selection, butter and jams, milk and yogurt

### Full Buffet — 15.95

Scrambled eggs, Hickory smoked bacon, sausage links, and biscuits/gravy  
Also includes our Omelet station

*\*Buffets available for dine-in only.\**

### Energize your day

Berry and Yogurt Parfait *gf* — 9  
Layered with flaxseeds and all natural granola

Steel-Cut Oatmeal — 5  
Sun-dried raisins and brown sugar

### Power Up

Egg White and Spinach Omelet — 12  
Folded with white cheddar cheese and oven cured tomatoes Choice of fresh fruit or golden hash brown potatoes  
(*Substitute fruit cup for potatoes gf*)

Grilled Cheese and Ham Sandwich\* — 12  
Crispy golden sourdough bread, breakfast ham, gruyere cheese, fried egg, roasted tomato dip

### The Side Plate

A big bowl of berries — 8  
a bright mix of seasonal favorites

Smoked Bacon, Breakfast Sausage Links or Grilled Ham *gf* — 6

A cup of regular or low fat Greek yogurt *gf*  
Berries *gf*, fruit or plain — 5

Breakfast Potatoes — 5

Toasted Bagel with Philadelphia Cream Cheese  
Low fat or regular — 4.5

White or Wheat Toast or English muffin — 3

Apple Triangle and Almond Pocket Danish Blueberry, Banana and Walnut muffins — 2 for 3

Assorted Cold Cereals — 7  
Special K, All Bran and Smart Start with Milk

### Early Favorites

Hot Iron Griddled Belgian Waffle — 12  
Golden deep-pocket waffle with butter and warm maple syrup

Golden Buttermilk Blueberry Pancakes — 12  
Warm maple syrup and whipped butter

Chef's Omelet — 14  
Three eggs packed with cured ham, sautéed sweet onion, aged Swiss and cheddar served with gold hash brown potatoes and choice of toast: (*Substitute fruit cup for potatoes gf*)

Grilled Ham and Eggs\* — 13  
Two eggs cooked your way, golden hash brown potatoes, and choice of toast. Substitute bacon or sausage

Traditional Eggs Benedict: — 11  
Poached eggs on an English muffin with Canadian bacon and hollandaise

Crab Benedict — 14  
Poached eggs on English muffin with Chesapeake Bay crab cake and hollandaise

### Beverages

Regular and Decaffeinated Coffee — 3.5

Cappuccino — 5.5,

Café Latte — 4.5,

Espresso — 4

Orange, Apple and Cranberry Juice — 3.5

Vitamin D, Low Fat Milk and Non-Dairy Soy 3.5 Tazo® teas: Earl

Grey, Refresh-Mint, Calm-Chamomile and Zen-Green — 3.5

Coke, Diet Coke, Sprite, Mr. Pibb, Pink Lemonade and Mello

Yello 3 Iced Tea — 3.5

We pride ourselves in providing gluten friendly menu choices. While we endeavor to carefully prepare those meals to accommodate a gluten free diet, please be aware that they may be prepared in an environment where gluten is present. Please ask your server to assist you in making your selection. Please consult your physician as to your personal health decisions.