

BREAKFAST
6.00am – 11.00am

FRUIT AND YOGURT RM

Milk 19

With choices of low-fat , fresh milk, skim milk, chocolate or soy-milk

Yogurt 24

Low-fat, plain, mango or strawberry

Mixed Fruit salad with Berries and mango Coulis 24

Fresh Seasonal Fruits 24

With choices of apple, orange, honeydew, watermelon , pineapple, papaya or pink grapefruit

Kick Start Your Morning with Fresh Juices 27

With choice of apple ,orange, honeydew , watermelon , pineapple or papaya

Smoothies 32

With choices of banana, strawberry, pineapple or berries

CEREALS RM

Hot Oatmeal Porridge 24



Mixed berries with choices of skim milk , fresh milk or low-fat milk

Cereals 24

With choices of cornflake, all-bran, fitness bran , muesli ,raisin all bran or fruit and nut crunchy

Organic Cereal 36



Cereal with rice milk and fresh mixed fruit

Bircher Muesli with Fruit Compote 35



BAKERY RM

Bread Basket 24

Multigrain, ciabatta, plain hard roll and rye bread with condiment

Gluten Bread Basket 36



Pumpkin seed muffin, chocolate cake and plain loaf with condiment

Pastry and Muffin 24

Sheraton croissant, fruit Danish, Danish , almond muffin and chocolate muffin



Our signature dishes



Chili spicy



Vegetarian



Gluten-Free

“Allow us to fulfill your every need, wants and desire – simply let us know of any special requirements or allergies that You may have and we will be happy to enhance your dining experience”
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MAIN ALA-CARTE RM

	Traveler's Breakfast Eggs	19
	two eggs - sunny side up, over easy, poached, boiled, and scrambled or omelet served with hash brown and grilled tomato with herbs	
	Avocado Egg White Omelet	39
	Egg white with avocado with grilled tomato and spinach	
	Chicken and Fish Porridge	28
	Rice porridge with chicken or fish, salted egg, fried anchovies, pickled lettuce, fried shallot, spring onion and sesame oil	
	Dry Wanton Noodles	36
	Egg noodles with braised mushrooms, barbecue chicken, bok choy and shrimp dumplings	
	Sheraton Nasi Lemak	36
	Coconut rice served with crispy fried chicken, cuttlefish sambal, hard-boiled egg, roasted peanuts, dried anchovies, and cucumber	
	Idli	28
	South Indian steamed rice flour with coconut chutney and vegetable dhal	
	Waffles	24
	Waffles with fresh fruits and berries sauce	
	Pancake	26
	Buttermilk pancake with banana and berries sauce	
	SIDES RM	
	Baked Beans	22
	Chicken Sausage	22
	Cured Chicken loaf	22
	Smoked Beef Brisket	22
	Sautéed Mushroom with Garlic	22
	Spinach Salad with Nuts and Citrus	22



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BREAKFAST SET RM

Continental Breakfast 48

Choices of chilled juice orange or apple or guava or mango
Toast bread , fruit Danish, muffin and Sheraton croissant with jam, marmalade,
honey and butter
Choices of seasonal fruit platter with yoghurt
Choices of coffee, tea or hot chocolate



Sheraton Nasi Lemak Compact with condiment 58

Choices of chilled juice orange or apple or guava or mango
Coconut rice served with crispy fried chicken, cuttlefish sambal, hard-boiled egg,
roasted peanuts, dried anchovies, and cucumber
Choices of coffee or tea or teh tarik or nescafe tarik

American Breakfast 58

Choices of chilled juice orange or apple or guava or mango
Toast bread , fruit Danish, muffin and Sheraton croissant with jam, marmalade ,
honey and butter
Two Egg served with beef brisket, cured chicken loaf or chicken sausage with
hash brown and grilled tomato with herbs
Choices of coffee, tea or hot chocolate



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BREAKFAST KIDS MENU	RM
Fresh Exotic Seasonal Fruits Banana, pineapple, dragon fruit, pink grapefruit or papaya	18
Hot Oatmeal Porridge With mixed berries with selection of skim, fresh, soy-milk or low fat milk	18
Milk Fresh, low fat, skim, chocolate or soy-milk	19
Yoghurt Low fat, plain, mango or strawberry	24
Cereals Kids Coco pops, coco crunch, honey stars, cornflakes, muesli or raisin all-bran	20
Kids Breakfast Egg One sunny side up, poached, scrambled or omelet served with hash brown and grilled tomato with garlic and herbs	22
Bircher muesli with Berries	22
Banana and Nutella With Rye Bread Sandwich and fruit compote	22
Waffles Fresh fruit and berries sauce	22
Pancake Buttermilk pancake with banana and berries sauce	22

All served with your choice of maple syrup or honey



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**All Day Dining
11.00am-11.30pm**

APPETIZERS RM


 **Essence House Salad** 40
Avocado, cherry tomato, snow pea sprout and parmesan cheese with lemon vinaigrette dressing

Caesar Salad 42
Fresh romaine lettuce with grilled chicken breast or smoked salmon with beef brisket, shaved parmesan and ciabatta croutons served with Caesar dressing or low carb dressing

Greek Salad 42
Mesclun lettuce, Kalamata olives, feta cheese, tomato cherry, cucumber, red onion and lemon vinaigrette

 **Bocconcini** 42
Bocconcini cheese with tomato, pesto sauce and arugula salad


 **Vietnamese Spring Rolls** 45
Tamarind avocado sauce and mint chili dressing


 **Malaysian Satay** 45
Chicken or beef skewers with steamed rice cake, red onion, cucumber and tangy peanut sauce

 **Crab and Ebiko Salad** 49
With coleslaw and butter head lettuce


Mediterranean Ratatouille and smoked Salmon 55
Warm ratatouille vegetable homemade smoked salmon, tomato and strawberry coulis

SOUP RM

 **Mushroom Soup** 42
Sautéed wild mushroom with fresh herbs and cream

 **Tomato Soup** 42
Tomato soup garnish with crouton and cream

 **Soup Ekor** 45
Traditional Malay oxtail soup with fried shallot, Bengali bread and spring onions

 **Tom Yum Goong** 45
Thai style seafood soup with coconut, galangal and lemongrass

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SANDWICHES AND BURGER RM

gf

Sun-dried Tomato Bread Sandwich 45

Grilled Mediterranean vegetables served with sun-dried tomato bagel
also available with gluten-free bread



Club Sandwich 48

Grilled smoked beef brisket, chicken breast, egg, vine tomato, lettuce
mayonnaise, steak fries and toast rye homemade bread

Panini Tortilla Roll 48

Marinated chicken, grilled peppers and onions with Jack Cheese with toasted flour
tortilla served with guacamole, tomato salsa and crispy tortilla chips



Prime Beef Burger 54

Sesame bun, pickled dill, grilled onion, vine tomato and steak fries
Cooked well done unless request otherwise

Steak Sandwich 63

Beef steak with ciabatta bread, fresh tomato, caramelized onion,
sautéed mushroom, lettuce, brie cheese and steak fries



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MAIN COURSE RM

	Traveler's Breakfast Eggs	42
	Two eggs - sunny side up, over easy, poached, boiled, and scrambled or omelet served with hash brown and grilled tomato with garlic and herbs	
	Vegetable Lasagna	47
	Layer lasagna skin with Mediterranean vegetable and marinara sauces	
	Bolognaise	48
	Penne with beef bolognaise sauce grated parmesan cheese on top	
	Aglio Olio	55
	Spaghetti cooked with garlic, chili, herbs and seafood	
	Fish and Chip	55
	Breaded fish fillet, French fries, green pea mashed and tartar sauce	
	Grilled Chicken Chop	60
	Marinated grilled chicken thigh with homemade mashed potato, toss green bean and eggplant salad with chicken jus	
	Sirloin Steak	94
	Smoked garlic confit, broccoli, homemade mashed potato with black pepper sauce	
	Roasted Australia Lamb Rack	112
	French bean, sweet potato puree and rosemary mint au jus	

SIDE DISHES RM

Mixed Salad	24
Steamed Asparagus	24
Garlic Mashed Potato	24
Steak Fries	24
Potato Wedges	24
Sautéed Garden Vegetable	24

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ASIAN DELIGHT RM

Mee Siam 42



Fried vermicelli rice noodles with vegetables, bean , local chives, taucu sauce topped with fried bean curd

Char Kuey Teow 45

“Penang style” wok fried flat noodle with seafood, egg, bean sprout, chives and crispy baby octopus
Also available with vegetarian



Mee Mamak 45

Padang Kota Lama style fried noodles with seafood, fried bean curd, coconut and vegetables fritter, bean sprouts, choy sum and crispy baby octopus
Also available with vegetarian

Mee Bakso 47

Indonesian style beef ball rice noodles, coriander, shredded fresh cabbage, beef broth, bean sprout, green vegetables and fresh homemade chili dip

Hainanese Style Chicken Rice 55
Roasted Chicken or Steamed Chicken

Fragrant rice and green vegetable oyster sauce, tomato, cucumber served with ginger, sweet soya sauce and fresh chili sauce

Lamb Briyani 55

Malay fragrant rice with lamb accompanied with lentil curry and achar pickle



Essence ‘Ultimate’ Nasi Goreng 55

Malay style fried rice with seafood, ayam percik, fried egg, achar and prawn crackers
Also available with vegetarian



Malaysia Famous Chicken Curry 55

Boneless chicken with potato in curry coconut gravy served with steamed white rice, acar buah, papadum crackers and sambal belacan



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INDIAN DELIGHT RM



Indian Punjabi Samosa 38

Served with mint and tomato chutney

Dhal Tadka 38

Yellow lentil cooked with cumin seeds, garlic and onion tomato

Dhal Makhani 38

North Indian black lentil cooked with cumin seed and tomato served with naan bread

Palak Paneer 38

Paneer cooked with spinach paste with onion masala and cream

Aloo Ghobi 38

North Indian side potato and cauliflower with onion tomato masala paste



Vegetable Biryani Rice 45

Indian biryani rice with kadai paneer, poppadum and curd

Tandoori Chicken 55

Baked chicken in Tandoori oven, vegetables couscous and mint chutney sauce

Choice of Naan Bread

Plain naan 15

Coriander, Cheese or Garlic 19

Murg naan 28

ARABIC DELIGHT RM

Fattoush Salad 40

Crispy pita bread with cucumber, tomatoes, red onion, and mint tossed with lemon garlic dressing

Foul Moudamas 40

Fava bean, lemon juice, cucumber , tomato , olive, onion with boiled egg and Lebanese bread

Chermoula Fish 60

Marinated fish with herbs in Moroccan style



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ALL DAY DINING
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	DESSERT	RM
	Fruit Salad Berries and mango coulis	25
	Fresh Cut Fruits Served with cottage cheese and low fat honey yoghurt	25
	Banana Split Banana with Vanilla Ice cream, Chocolate and Strawberry Ice Cream, nuts topped with fresh berries	25
	Bread Butter pudding Served In ramekin bowl with vanilla ice cream and star anise sauce	32
	Om Ali, Egyptian Delight Raisin cake soaked in milk served with pistachio and almond flake	32
	Chocolate Mousse Madagascar chocolate mousse, orange bavaois croquant served with fruit compote	32
	Soya Pudding with Black Jelly Palm sugar syrup with fruit salad	32
	Choc Pancake Tiramisu Topped with crumble Oreo and coffee sauce	32
	Cheese Cake Strawberry sauce with orange dry skin marmalade	36
	Magnum Ice-Cream Stick With choice of flavors; Almond Chocolate Pink Pomegranate Black Espresso Classic	10

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