With choices of low-fat, fresh milk,

Low

Mixed Fruit salad

With choices of apple, orange, hon

Kick Start

With choice of apple ,orange, honeydew , w

With choices of banana,

Mixed berries with choices of skir

۲

gf

4

gf

With choices of cornflake, all-bran, fitnes

Cereal wi

Bir

Multigrain, ciabatta, plain hard ro

Pumpkin seed muffin, chocolate cal

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

🎷 Our signature dishes 🌜 Chili spicy 🔧 Vegetarian 🥑 Gluten-Free

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BREAKFAST 6.00am – 11.00am

RM	FRUIT AND YOGURT
19	Milk , skim milk, chocolate or soy-milk
24	Yogurt w-fat, plain, mango or strawberry
24	d with Berries and mango Coulis
24	Fresh Seasonal Fruits neydew, watermelon , pineapple, papaya or pink grapefruit
27	t Your Morning with Fresh Juices vatermelon , pineapple or papaya
32	Smoothies strawberry, pineapple or berries
RM	CEREALS
24	Hot Oatmeal Porridge m milk , fresh milk or low-fat milk
24	Cereals ss bran , muesli ,raisin all bran or fruit and nut crunchy
36	Organic Cereal ith rice milk and fresh mixed fruit
35	rcher Muesli with Fruit Compote
RM	BAKERY
24	Bread Basket oll and rye bread with condiment
36	Gluten Bread Basket ke and plain loaf with condiment
24	Pastry and Muffin



BREAKFAST

6.00am – 11.00am

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

- Chicken Sausage 22 22
- **Cured Chicken loaf** Smoked Beef Brisket 22
- 22 Sautéed Mushroom with Garlic
- Spinach Salad with Nuts and Citrus 22



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1



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

Sheraton Nasi Lemak Compact with condiment 1 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

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 6.00am – 11.00am

RM **BREAKFAST SET**

48

58

58

Continental Breakfast

Choices of seasonal fruit platter with yoghurt Choices of coffee, tea or hot chocolate

American Breakfast



BREAKFAST

6.00am – 11.00am

RM	BREAKFAST KIDS MENU
18	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
19	Milk Fresh, low fat, skim, chocolate or soy-milk
24	Yoghurt Low fat, plain, mango or strawberry
20	Cereals Kids Coco pops, coco crunch, honey stars, cornflakes, muesli or raisin all-bran
22	Kids Breakfast Egg unny 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 Nutell a With Rye Bread Sandwich and fruit compote
22	Waffles Fresh fruit and berries sauce
22	Pancake Buttermilk pancake with banana and berries sauce

One sunny

All served with your choice of maple syrup or honey



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Avocado, cherry tomato, snow pea sp	×
Fresh romaine lettuce with grilled chicken breast or sr shaved parmesan and ciabatta croutons served with Caes	
Mesclun lettuce, Kalamata olives, feta ch	
Bocconcini cheese with tomat	*
Tamarind avoca	*
cken or beef skewers with steamed rice cake, red onion, cu	11 Chi
With c	11
Mediterranean Warm ratatouille vegetable homemade smoked salmo	
Sautéed wild mushr	*
Tomato soup	*
Traditional Malay oxtail soup with fried shallot,	13
Thai style seafood soup with co	K.



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	All Day Dining 11.00am-11.30pm
RM	APPETIZERS
40	Essence House Salad pea sprout and parmesan cheese with lemon vinaigrette dressing
42	Caesar Salad t or smoked salmon with beef brisket, h Caesar dressing or low carb dressing
42	Greek Salad eta cheese, tomato cherry, cucumber, red onion and lemon vinaigrette
42	Bocconcini omato, pesto sauce and arugula salad
45	Vietnamese Spring Rolls avocado sauce and mint chili dressing
45	Malaysian Satay on, cucumber and tangy peanut sauce
49	Crab and Ebiko Salad With coleslaw and butter head lettuce
55	nean Ratatouille and smoked Salmon salmon, tomato and strawberry coulis
RM	SOUP
42	Mushroom Soup nushroom with fresh herbs and cream
42	Tomato Soup soup garnish with crouton and cream
45	Soup Ekor allot, Bengali bread and spring onions
45	Tom Yum Goong

45 coconut, galangal and lemongrass



All Day Dining 11.00am-11.30pm

	SANDWICHES AND BURGER	RM
gf	Sun-dried Tomato Bread Sandwich Grilled Mediterranean vegetables served with sun-dried tomato bagel also available with gluten-free bread	45
13	Club Sandwich Grilled smoked beef brisket, chicken breast, egg, vine tomato, lettuce mayonnaise, steak fries and toast rye homemade bread	48
Marinated c	Panini Tortilla Roll hicken, grilled peppers and onions with Jack Cheese with toasted flour tortilla served with guacamole, tomato salsa and crispy tortilla chips	48
ß	Prime Beef Burger Sesame bun, pickled dill, grilled onion, vine tomato and steak fries <i>Cooked well done unless request otherwise</i>	54
	Steak Sandwich	63

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



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o eggs - sunny side up, over easy, poached, boiled, and brown a	Тwo
Layer lasagna skin with Medite	*
Penne with beef bolognaise	
Spaghetti coo	(
Breaded fish fillet, French fr	
larinated grilled chicken thigh with homemade mashe	Ма
Smoked garlic confit, broccoli, homemade r	
French bean. sweet	73



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	ALL DAY DINING 11.00am-11.30pm
RM	MAIN COURSE
42	Traveler's Breakfast Eggs d scrambled or omelet served with hash and grilled tomato with garlic and herbs
47	Vegetable Lasagna rranean vegetable and marinara sauces
48	Bolognaise e sauce grated parmesan cheese on top
55	Aglio Olio ked with garlic, chili, herbs and seafood
55	Fish and Chip ries, green pea mashed and tartar sauce
60	Grilled Chicken Chop ed potato, toss green bean and eggplant salad with chicken jus
94	Sirloin Steak mashed potato with black pepper sauce
112	Roasted Australia Lamb Rack potato puree and rosemary mint au jus
RM	SIDE DISHES
24 24 24	Mixed Salad Steamed Asparagus Garlic Mashed Potato
24	Steak Fries
24 24	Potato Wedges Sautéed Garden Vegetable



ALL DAY DINING

11.00am-11.30pm

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

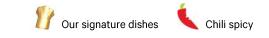
11 Essence 'Ultimate' Nasi Goreng 55 Malay style fried rice with seafood, ayam percik, fried egg, achar and prawn crackers Also available with vegetarian

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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الم
Yellow lentil cooked with c
North Indian black lentil cooked with cumin seed
Paneer cooked with spinach
North Indian side potato and cauliflo
Indian biryani rice wit

Crispy pita bread with cucumber, tomatoes, red onion

Fava bean, lemon juice, cucumber, tomato, olive, onion

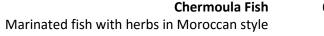


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	ALL DAY DINING 11.00am-11.30pm
RM	INDIAN DELIGHT
38	Indian Punjabi Samosa Served with mint and tomato chutney
38	Dhal Tadka Yellow lentil cooked with cumin seeds, garlic and onion tomato
38	Dhal Makhani Indian black lentil cooked with cumin seed and tomato served with naan bread
38	Palak Panner Paneer cooked with spinach paste with onion masala and cream
38	Aloo Ghobi North Indian side potato and cauliflower with onion tomato masala paste
45	Vegetable Biryani Rice Indian biryani rice with kadai paneer, poppadum and curd
55	Tandoori Chicken Baked chicken in Tandoori oven, vegetables couscous and mint chutney sauce
15 19 28	Choice of Naan Bread Plain naan Coriander, Cheese or Garlic Murg naan
RM	ARABIC DELIGHT
40	Fattoush Salad bread with cucumber, tomatoes, red onion, and mint tossed with lemon garlic dressing
40	Foul Moudamas non juice, cucumber , tomato , olive, onion with boiled egg and Lebanese bread
60	Chermoula Fish





ALL DAY DINING

11.00am-11.30pm

Classic

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



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