



Hilton Eat Right®

Hilton Eat Right offers delicious meal choices that embody a nutritional concept of balance, variety and moderation. Each Hilton Eat Right item featured in our menu has specific nutritional information available for your review. Please ask your server if you wish to see more detailed nutritional information relating to any of these menu items.



SEASONAL FRESH FRUIT

The Freshest Market Available Fruits and Berries with Banana Nut Bread Sandwich 12
Fat g—0g Saturated Fat g—0g Cholesterol mg—0mg Carbs g—25g Protein g—2g Calories—121



MARTHA'S FAMOUS SMOOTHIE

Strawberry and Ripe Bananas with Honey Yogurt 8
Fat g—0g Saturated Fat g—0g Cholesterol mg—5mg Carbs g—42g Protein g—14g Calories—237

BEGINNINGS

MANGO OR PAPAYA

Simply Fresh, Hand Picked
with a Squeeze of Lime
7

STRAWBERRIES

A Big Bowl of California Berries with Vanilla Bean
Whipped Cream
9

RISE AND SHINE

For our **Hilton Gold and Diamond** members: Seasonal Sliced Fruit, Breakfast Breads, Dry Cereal Choices, Juice and Coffee. Please present certificate received at check in.

QUICK STARTS IN A BOWL

OLD FASHIONED OATMEAL

Served with Sun Dried Cherries and Brown Sugar
9

AN ASSORTMENT OF YOUR FAVORITE CEREALS

Served with your Choice of Milk
5
Add Market Fresh Fruit
7

SHADES SPECIALTY

SHADES GRANOLA WITH CINNAMON YOGURT

Experience our Signature Waterfront Crunch, Complete with Toasted Oats and Bran, Pecans,
Almonds, Pistachios and Honey
9

So good you will want to take some home! Ask your server .

BEVERAGES

FRESHLY SQUEEZED JUICE

California Orange or Ruby Red
Grapefruit Juice,
5

Apple, Tomato or Pineapple Juice
4

COFFEE AND TEAS

Shades Proprietary Roasted Coffee or Decaf
3

Espresso, Cappuccinos, and Lattes
5

A Selection of Numi Teas and Herbal Teas
4

MILKS

Full, 2% or Fat Free Milk
4

ON THE SIDE

Apple Wood Smoked Bacon
6

Honey Glazed Ham
4

Shades Spicy Chicken Sausage
5

A Fresh Baked Basket of Breakfast Pastries
5

Your Choice of Toast or English Muffin
3

A Choice of Cinnamon or Fruit Yogurt
5

Griddled Hash Brown Potatoes
4

Hilton Eat Right nutritional values are determined through database analysis with the Food Processor SQL from ESHA Research, Inc., Salem, 97302 and available ingredient product data. This data is based on average alternate suppliers, and menu item preparation.

TOAST & TREATS

FRENCH TOAST

*Made from Cinnamon Rolls and served with
Ginger Peach Compote
And Vermont Maple Syrup*

12

BELGIAN WAFFLE

*California Strawberry
And Mint Compote*

12

PANCAKES

*Traditional Buttermilk or with
Blueberries. Served with Apple Wood
Smoked Bacon*

12

THE WORKS

BULL'S EYE

*Herb Roasted Egg Plant Slices,
Spicy Tomato Sauce, Topped
with Two Farm Fresh Sunny Side Up Eggs*

13

THE AMERICAN BREAKFAST

*Two California Farm Fresh Eggs Cooked Your Way with
Apple Wood Smoked Bacon,
Ham or Spicy Sausage.
Your Choice of Toast*

14

SHADES EGGS BENEDICT

*English Muffin Topped with Shaved
Canadian Bacon or Smoked Salmon,
Two California Farm Fresh, Poached Eggs
and Hollandaise Sauce.
Served With Griddled Potatoes*

15

VEGETABLE OMELET

*Asparagus and Fine Herb Omelet
with Aged Gruyere Cheese*

14

EGG WHITE OMELET

*Provincial Style Vegetables,
Herbs and Asparagus*

14

CHEESE OMELET

Forest Mushroom and Fontina Cheese

13

CHORIZO CON HUEVOS

*Farm Fresh Eggs Scrambled with Mexican Sausage, Pico de
Gallo, and Corn Tortillas*

13



SHADES
restaurant & bar

Jeff Littlefield
Executive Chef