

# SKÖL

CAFE & BAR



# LIVING WELL

## A TRAVELER'S GUIDE TO BETTER DINING

Dining out is an important element of the traveler's lifestyle. It is our goal to provide zero trans-fat menu options in order to complement our customer's healthy habits.

Our library of recipes, which include carefully selected ingredients, provide a variety of offerings designed to assist our guests in maintaining wellness and a proper nutritional balance.

- Portobello Mushrooms – Contain especially high amounts of vitamin B and potassium with very low calories.
- Fresh Romaine Hearts – High in vitamin A, low in fat and calories and sodium free. A good source of dietary fiber.
- Avocados – An excellent source of vitamins A, C & E, and a good source of potassium, fiber and iron.
- Fresh Lemon – Enhances the health of the skin.
- Balsamic Vinegar – Contains riboflavin, vitamin B-1 and mineral salts. Naturally low in calories and fat.
- Omega-3 Oil – Omega-3 fatty acids aid in lower cholesterol, thin the blood and regulate the heartbeat reducing the risk of cardiovascular disease.
- Fresh Basil – Contributes to the lowering of blood pressure.
- Coconut – Highly nutritious and rich in fiber, vitamins and minerals.
- Fresh Asparagus – Contains no fat or cholesterol and is very low in sodium.
- Fresh Strawberries – Contain no trans-fat and advance heart health.

Ingredients may vary based on seasonality, menu and availability. Dietary information above is based on public health resources and is subject to change without notice. Please consult with your own physician for accurate medical advice.



# RISE & SHINE

## **Grilled Sourdough Panini**

Scrambled eggs, cheddar cheese, diced onions and green peppers with your choice of applewood smoked bacon, sausage or breakfast ham. Served on grilled sourdough bread with fresh fruit. 8.49

# STARTERS

## **Chipotle Chicken Quesadilla**

Grilled fajita chicken with authentic black beans, savory chipotle sauce, fresh red onions and cheddar and jack cheeses, grilled in a natural flour tortilla. Garnished with chopped green onions and served with zesty salsa and sour cream. 9.99  
Add guacamole 1.29

## **Fiesta Nachos**

A mountain of crisp tortilla chips topped with zesty salsa, sliced jalapeños, black olives and melted cheddar cheese. Finished with a sprinkle of green onions and served with sour cream. Top it off with your favorite tastes!

With Chili 9.99

With Grilled Chicken 9.99

With The Works! 10.99

Add guacamole 1.29

TAX & GRATUITY NOT INCLUDED



# SALADS

## **Mediterranean Grilled**

### **Chicken Caesar**

Chopped Romaine hearts with freshly grated Parmesan cheese, drizzled with classic Caesar dressing and topped with strips of grilled chicken. Served with a lavash cracker. 11.99



# SANDWICHES

Served with choice of fresh fruit or chips and a pickle spear.

## **Tender Smoked Pork**

Slow-roasted, tender pulled smoked pork basted in Blue Ribbon BBQ sauce and piled high on a toasted Kaiser roll. 9.99

## **Turkey Bacon Panini**

Sliced turkey breast, applewood smoked bacon and Swiss cheese served on ciabatta bread with mayonnaise, crisp lettuce and vine-ripened tomato. 9.99

\*NOTICE: Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions. Products containing tree nuts and peanuts are stored in this kitchen and may have come into contact with other food items.



# SPIRITS

## Classic Calls



*Make it a **DOUBLE**  
for only \$3 more!*

## Premium Pours

Bacardi, Beefeater, Canadian Club, Cuervo Gold, Captain Morgan, Dewar's, Maker's Mark, Martini & Rossi, Smirnoff



### **Mile High Mary**

Smirnoff vodka, rich Bloody mary mix and our special seasoned rimmer deliver a Mile High Taste. Served with a caddy of spices for your own personal touch.

### **Viva Rita**

Jose Cuervo gold tequila perfectly blended with sweet & sour and lime juice. Topped with a float of Grand Marnier and garnished with a lime wedge. Ole!

### **Classic Martini**

Grey Goose vodka hand shaken with a splash of vermouth. Simple, classic and elegant.

# BEER & WINE

## Bottled Selections



## Wines by the Glass

### STERLING VINEYARDS

#### **Vintner's Collection Chardonnay**

A well balanced chardonnay with bright apple and pear aromas and vanilla oak notes.

#### **Vintner's Collection Merlot**

A soft yet full bodied merlot offering distinct berry aromas with smooth, rich flavors.



ROBERT MONDAVI  
PRIVATE SELECTION™

#### **Private Selection Pinot Grigio**

Enticing fresh fruit, floral, mineral and spice notes with citrus, pear and pineapple fruit character.

CENTURY  
CELLARS



#### **Vineyard Select Chardonnay**

Classic aromas of green apple, pear and citrus with a rich, creamy texture and vibrant, crisp backbone.

#### **Vineyard Select Cabernet Sauvignon**

Ripe notes of blackberry, cherry and dried spice. Rich and full bodied.



BERINGER BLASS  
WINE ESTATES

#### **White Zinfandel**

Semi-sweet with fresh berry flavors and a hint of melon and citrus.