

**hawaiian breakfast specialties**

- breakfast plate.....15  
scrambled eggs, bacon or sausage, hash brown or steamed rice,  
croissant or muffin
- waffle (made to order).....10  
topped with strawberries & whipped cream
- spam musubi (an island favorite).....4

**grains & fruit**

- fresh baked bagels.....3.00 with cream cheese.....4
- Danish .....3.25
- Cookie .....1.50
- granola, yogurt & fruit
- yogurt parfait.....2.50
- fresh fruit salad.....2.50
- whole fruit .....1.25
- hawaiian fruit .....4.00

**signature smoothies.....5**

- |  |                 |
|--|-----------------|
| banana dreams                                | vanilla         |
| cocomo                                       | passion fruit   |
| island fever                                 | raspberry       |
| mango season                                 | aloha pineapple |
| wheatgrass shot "pure liquid sunshine".....4 |                 |

**coffee and tea**

- |  |       |       |
|--|-------|-------|
| available hot or iced                    | 16 oz | 20 oz |
| fresh brewed coffee.....regular or decaf | 2.50  | 2.75  |
| infused tropical iced tea                | 2.50  | 2.75  |
| tea.....assorted varieties               | 2.50  | 2.75  |

**signature salads.....10**

- caesar chicken salad  
romaine, tomato, parmesan cheese
- shrimp cobb salad  
smoked bacon, egg, corn  
lemon avocado dressing
- ginger ahi tuna salad  
nalo greens, tomato, bell peppers  
yuzu dressing

- asian chicken salad  
grilled chicken, mac nuts, napa cabbage, bean sprouts wonton  
strips, sesame ginger vinaigrette

**gourmet sandwiches.....10**

- roast beef & gorgonzola  
caramelized onions, tomato, mixed greens, french baguette
- heirloom tomato & mozzarella  
arugula, artichoke aioli, basil pesto, la baccia bread
- ingredients b.l.t.  
smoked bacon, tomato, herb aioli, focaccia bread

- turkey and cranberry  
pepper jack, chipotle cranberry chutney, seeded baguette

- chicken club  
smoked bacon, avocado, mozzarella, herb aioli, organic wheat  
bread

**hawaiian plate lunch.....15**

- "loco moco plate"  
a local tradition of a perfectly broiled beef patty, mushroom  
gravy & fried egg served with steamed rice, local macaroni  
salad & kim chee, all on 1 plate

**brick oven pizzas.....10**

- 10 inch, crispy thin crust with fresh tomato basil sauce &  
topped with mozzarella

- classic tomato & basil
- wild mushroom
- meat lovers
- pepperoni

additional topping .....2

**signature soups.....4**

- chicken noodle
- new england clam chowder



All prices & menu items are subject to change with out notice

Phone (808) 922-4422



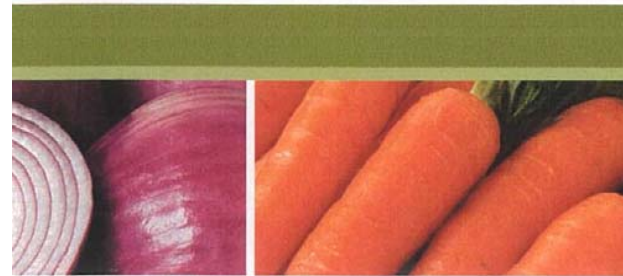
## welcome to ingredients

using only the freshest ingredients, enjoy a variety of signature sandwiches and salads, brick oven pizza, soup, bakery items, local breakfast & lunch plate offerings.

ingredients also features a coffee bar and lounge area.



Sheraton Waikiki  
2255 Kalakaua Avenue, Honolulu HI 96815  
Phone 808.922.4422 Fax 808.923.8785  
[www.sheraton-waikiki.com](http://www.sheraton-waikiki.com)  
open daily



- gourmet salads
- sandwiches • brick oven pizza •
- soup • bakery items •
- local style breakfast & lunch
- plate lunch offerings
- coffee

dine in & take out

