



Eat Well, Live Well

To help you benefit from healthy food choices, the InterContinental Hotel Cleveland and Cleveland Clinic Wellness Institute have created entrees and other menu items designated as Go! Foods®.

Each Go! Foods serving contains:

**Less than 4g of saturated fat (for main dishes; less than 2g for sides and desserts)
Less than 4g of added sugars & syrups (for main dishes and desserts; less than 2g for sides)
Less than 600mg of sodium (for main dishes; less than 480mg for sides and desserts)
0g of Trans fat
only 100 percent whole grains**

GRAINS

Irish Steel Cut Oatmeal  **9**
Raisins, Brown Sugar, Cinnamon

Assorted Cereals **6.5**
Your Choice of Milk

House-Made Almond Granola Parfait **12**
California Berries, Vanilla Greek Yogurt, Local Honey, Citrus Zest

Add Fresh Fruit to any Grain **3.5**
Sliced Bananas, Fresh Berries, or Pineapple

FRESH FRUITS

Indian River **7.5**
Ruby Marsh Grapefruit Sections

Fresh California Berries **8**

Fresh Fruit **7**

SIDES **5.5**
Thick-Cut Apple Smoked Bacon
Pork Sausage Links
Chicken Apple Smoked Sausage
Canadian Bacon

BEVERAGES

Smoothie of the Day  **7**

Fresh Juices **8**
Orange, Grapefruit, Carrot

Specialty Juices **5**
Orange, Grapefruit, Apple, Pineapple, Tomato, V8, Cranberry

Coffee Regular or Decaffeinated **Sm. 4 Lg. 6**
Espresso **5**
Cappuccino **6**
Café Latte **6**
Hot Tea **Sm. 4 Lg. 6**
Hot Chocolate **5**

**~Applicable Sales Tax Will be Added to Your Bill ~20% Surcharge for all Split Plates
~18% Gratuity Added to Parties of Six or More~**

Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of food borne illness, especially if you have certain medical conditions.

DAILY BREAKFAST BUFFET \$21.50

Featuring Fresh Eggs, Chicken or Turkey Sausage, Pork Sausage, Applewood Smoked Bacon, Fresh Breakfast Potatoes, French Toast or Waffles, Assorted Danishes and Muffins, Cold Cuts, Smoked Salmon,
Fresh Fruit, Yogurts, Cereals, Cheese Platter, Middle Eastern Platter
Served with Coffee, Tea or Juice.

ENTRÉES

Eggs Benedict 18

Poached Eggs, Toasted English Muffin, Canadian Bacon, Hollandaise, Hash Browns

Eggs Johannes 19

Smoked Turkey, Poached Eggs on Toasted English Muffin, Citrus Hollandaise Sauce

Buttermilk Biscuits 16

Filled with Scrambled Eggs, Scallions, Cheddar Cheese, Hash Browns

Steak and Eggs 23

Petite NY Sirloin, Two Eggs Any Style, Hash Browns

Create-Your-Own Three Egg Omelet 18

Choice of Five of the Following Ingredients:

Tomato, Spinach, Green Onion, Yellow Squash, Zucchini, Peppers, Avocado, Mushrooms, Cheddar Cheese, Feta, Goat or Swiss Cheese, Ham, Turkey Bacon, Chicken or Pork Sausage, Hash Browns

FLOURS

Buttermilk Pancakes 15.5

Wild Blueberries, Almond Butter

Peaches and Cream French Toast 16.5

Baguette filled with Peach Preserves, Mascarpone, and Peaked Cream, Ohio Maple Syrup

The Intercontinental Breakfast 14.25

Freshly Baked Croissants, Muffins, Danish Pastries, Preserves, Butter, Orange Juice, Coffee

Selection of Bagels 6.5

Cream Cheese, Preserves

Toasted Breads 4

White, Whole-Wheat, Rye, Multi-Grain, Cinnamon-Raisin, Gluten-Free White

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