

# light fare



## 🍴 SPECIAL ENTRÉE SALADS

### Caesar Salad topped with Grilled Chicken or Salmon

Served on a bed of romaine with Parmesan cheese, croutons, and Caesar dressing

### Greek Salad topped with Beef Tenderloin or Chicken

Mixed greens, diced tomatoes, Feta cheese and Greek olives with marinated charbroiled steak or chicken

### Chicken Spinach Salad

Mustard glazed chicken on a bed of fresh spinach, topped with candied pecans and sliced strawberries

## 🍴 SANDWICHES

*Served with lettuce, tomato and pickle with your choice of fries or fresh fruit*

### Grilled Chicken Sandwich

Char broiled marinated chicken breast served on a fresh bun

### Grilled Cheese Sandwich

Grilled on your choice of bread with Swiss or American cheese

### Grilled Hamburger on a Bun

Char broiled fresh ground beef with your choice of Swiss or American cheese

### Veggie Burger

Grilled vegan patty served on a whole grain bun

### Deli Sandwich

Choice of shaved turkey or ham with Swiss or American cheese on your choice of bread

### Catch of the Day

Seasoned with olive oil, spices, grilled and served on a bun with tartar sauce & lemon

# wellness entrees

*Served with your choice of steamed vegetable, side salad or fresh fruit*

### Pork Chop with Fresh Peach Compote

A center-cut pork chop topped with a freshly made peach compote; served with parsley red potatoes

Calories: 253 | Fat: 10 g | Sodium: 162 mg | Fiber: 2 g  
Chol: 52 mg | Carbs: 21 g

### Fresh Fruit & Cottage Cheese Plate

Chilled cottage cheese surrounded by fresh summer fruits; served with a multi grain roll

Calories: 228 | Fat: 5 g | Sodium: 131 mg | Fiber: 3 g  
Chol: 16 mg | Carbs: 31 g

### Honey Lime Chicken

Seared chicken breast topped with a honey lime soy sauce; served with brown rice du jour

Calories: 226 | Fat: 3 g | Sodium: 164 mg | Fiber: 2 g  
Chol: 46 mg | Carbs: 26 g

### Turkey Scallopini

Turkey breast steak sauteed with onions then baked in a lemon, rosemary and mushroom sauce; served over whole wheat pasta

Calories: 236 | Fat: 7 g | Sodium: 449 mg | Fiber: 5 g  
Chol: 24 mg | Carbs: 25 g

*\*Wellness items meet the American Heart Association criteria*

# dinner entrees

## **Grilled Petite Filet**

The most tender cut of beef char broiled to perfection and topped with caramelized onions and mushrooms with a Merlot demi glaze

## **Catch of the Day**

Chef inspired fresh fish creation served with Chef created sauce or topping

## **Grilled Salmon**

Fresh salmon filet char broiled and topped with a maple pecan glaze

## **Chicken Marsala**

Sautéed chicken breast with sliced mushrooms in a rich Marsala sauce

## **Chicken Scampi**

A pan seared chicken breast with a sautéed onion and pepper medley served over Linguine pasta tossed in a garlic and herb butter sauce

## **Grilled Boneless Pork Chop**

Topped with roasted apple and a honey barbeque sauce

## **🍷 SIDE ITEMS**

French Fries

Sweet Potato Fries

Rice

Baked Potato

Baked Sweet Potato

Baked Apples

Green Beans

Spinach

Asparagus

Broccoli

Cole Slaw

Chef's Vegetable Feature

Fresh Fruit

# desserts

## **Chef's Dessert Feature**

Ask your server about the available selections

## **Assorted Cakes**

Ask your server about the available selections

## **Assorted Pies**

Ask your server about the available selections

## **Brownie**

## **Ice Cream**

Ask your server about all of our available flavors  
Sugar-free selections available

## **Rainbow Sherbet**

## **🍷 BEVERAGES**

Coffee

Hot Tea

Milk

Soft Drinks

Juice

Iced Tea

Assorted Wines

Assorted Beers

**🍷 Reservations 843-903-8300**