

Café on Main Buffet Menu

7/13-7/18

Soup of the Week

Potato Leek Soup- Leeks, potato, garlic, vegetable broth and cream. \$2.75 (145 cal.)

Monday 7/13

Tuscan White Bean Soup- White beans, kale, carrots, celery and onions cooked in chicken broth. \$2.75 (60 cal.)

Chicken Oreganata-Oregano and bread crumb crusted chicken breast finished with butter, lemon, oregano and white wine. \$8.00 (550 cal.)

Farfalle a la Salsiccia-Sausage, mushrooms, tomato, wine and herb with farfalle pasta. \$8.00 (280 cal.)

Cod Parmesan - 🍏 Pan fried, parmesan, lemon, garlic and breadcrumb crusted cod. \$8.00 (500 cal.)

Butternut Squash Ravioli - Butternut squash ravioli tossed finished in a brown butter-sage cream sauce. \$8.00 (580 cal.)

Peas & Pearl Onions (100 cal.)

Sautéed Yellow Squash (20 cal.)

Pumpkin Risotto (240 cal.)

Corn O'Brien (120 cal.)

Tuesday 7/14

Mulligatawny Soup- Roasted chicken, curry, clove, tomato, celery, onion, sliced apple, with rice in chicken stock and milk. \$2.75 (170 cal.)

Roasted Turkey Breast- 🍏 \$8.00 (155 cal.)

Beef Tender Tips- 🍏 \$8.00 (200 cal.)
w/ Port Wine Demi Glace (45 cal.)

Honey Garlic Salmon- Salmon with soy, ginger, garlic and honey reduction garnished with sesame seeds. \$8.00 (480 cal.)

Plant Based "Steak" Thai Curry - 🌿 Plant based steak, coconut milk, yellow curry, garlic, ginger, onions peppers, mushrooms, soy sauce, lime, basil and jasmine rice. \$8.00 (430 cal.)

Coconut Braised Kale (50 cal.)

Sauerkraut (30 cal.)

Apple Cornbread Stuffing (110 cal.)

Mashed Sweet Potatoes (185 cal.)

Wednesday 7/15

Tomato Fennel Bisque- 🌿 Tomato, fennel, Sambuca liquor, garlic, onion, cream and basil. \$2.75 (95 cal.)

Chicken Paprikash-Bone in chicken, paprika, tomato, peppers, onion, garlic and sour cream. \$8.00 (420-500 cal.)

Grilled Pork Chop - 5oz pork chop lightly seasoned then grilled. \$8.00 (380 cal.)

Mussels w/ Garlic & Tomatoes- Sautéed mussels, garlic, and tomatoes in a white wine, lemon butter sauce. \$8.00 (470 cal.)

Stuffed Portabella Mushroom-Roasted portabella mushroom, stuffed with sautéed peppers, onions, squash, zucchini, fresh herbs, breadcrumbs, and mozzarella cheese. \$8.00 (240 cal.)

Cabbage w/ Bacon (80 cal.)

Roasted Beets (55 cal.)

Rice Pilaf (130 cal.)

Horseradish Mashed Potatoes (150 cal.)

Thursday 7/16

Turkey Rice Soup - Roasted turkey, carrots, celery, onions and fresh herbs in a poultry broth. \$2.75 (75 cal.)

Grilled Chicken Thigh - Herb marinated grilled chicken thigh w/ brown butter caper sauce. \$8.00 (570 cal.)

Herb Roasted Leg of Lamb - Slow roasted leg of lamb seasoned with garlic, thyme, rosemary and shallots served with a rosemary demi glace. \$8.00 (340 cal.)

Greek Shrimp- Shrimp, tomatoes, garlic, honey, oregano, thyme, feta, grilled pita. \$8.00 (440 cal.)

Spankopita- 🌿 \$8.00 (280 cal.)

Roasted Carrots (50 cal.)

Brussel Sprouts w/ Onions (45 cal.)

Cheesy Baked Corn (160 cal.)

Orzo (90 cal.)

Friday 7/17

Chilled Strawberry Watermelon Soup- 🌿

Watermelon, strawberries,, yogurt and cream. \$2.75 (100 cal.)

Pickle Brined Fried Chicken- 🍏 Chicken breast, pickle brine, flour, corn starch and Seasonings. \$8.00 (230 cal.)

BBQ Pulled Pork Sandwich- Barbeque pork shoulder topped with Carolina coleslaw and shaved red onion on a toasted brioche bun. \$8.00 (635 cal.)

Steamed Shrimp - 🍏 Steamed shrimp. \$8.00 (140 cal.)

Grilled Vegetable Wrap - 🌿 A mélange of grilled mushrooms, squash, peppers and tomatoes with lettuce and hummus in a flour tortilla. \$8.00 (460 cal.)

Green Beans w/ Onions (45 cal.)

Succotash (90 cal.)

Potato Wedges (200 cal.)

Corn Pudding (230 cal.)

Saturday 7/18

Gazpacho- 🌿 Tomato, cucumber, onion, garlic, green, yellow and red pepper with fresh herbs in tomato broth. \$2.75 (40 cal.)

Chicken Cutlet- Chicken breast dredged in garlic parmesan seasoned breadcrumbs and sautéed until golden brown. \$8.00 (570 cal.)
w/ Roasted garlic, lemon & herb sauce (65 cal.)

Kielbasa w/ Peppers & Onions- Roasted Kielbasa sausages with caramelized onions and peppers. \$8.00 (550 cal.)

Mediterranean Cod - Cod simmered with tomatoes, wine, capers and olives. \$8.00 (190 cal.)

Red Lentil Dahl- 🍏 🌿 Lentils, vegetable broth, coconut milk, garam masala, ginger, lemon juice and cilantro. \$8.00 (240 cal.)

Lima Beans (160 cal.)

Escarole & Fennel (35 cal.)

Sour Cream & Chive Mashed Potatoes (140 cal.)

Corn on the Cob (155 cal.)

Fruit Special of the Week: Prunes

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



New for July



Healthier Choice
(under 460 mg sodium, 4 g



Vegetarian
saturated fat, 10 g added sugar)