

Chesapeake

July 13th – August 8th

Starters

Soup of the Day – A homemade specialty soup prepared in house. \$2.75

Soup of the Week – A homemade specialty soup prepared in house \$2.75

House Salad  Mixed greens, carrots, tomatoes, and cucumber. \$2.75 (10 cal.)

Spinach Strawberry Feta Salad ★  Baby spinach with strawberries, toasted almonds, dried cranberries and feta cheese. (120 cal.) \$2.75

Broccoli Crunch Salad ★  Broccoli, cauliflower, bacon, red onion, raisins and sunflower seeds tossed in an apple mayonnaise. (180 cal.) \$2.75

Mixed Fruit Mixed seasonal fresh fruits. \$2.75 (40 cal.)

Entrée Salads and Handhelds

Choose One Protein For Your Entrée Salad

Salmon (240 cal.) **Grilled Shrimp** (140 cal.) **Grilled Chicken Breast** (220 cal.)

Tofu (90 cal.)

Chicken Panzanella Salad ★ Grilled Chicken Breast, tomato, bread, basil, lemon, olive oil, red wine and herbs. (450 cal.) \$12.00

Arugula Salad with Farro Chicken ★ Romaine lettuce, garbanzo bean, red onion, bacon and blue cheese crumbles with Italian and blue cheese mix dressing. (600 cal.) \$12.00

Blackened Chicken Wrap ★ Roasted tomatoes, arugula, pickled vegetables and Cajun mayonnaise. (700 cal.) \$15.00

Gluten Friendly Bread Options Available

Salad Dressing

Balsamic Vinaigrette (60 cal.) – Blue Cheese (140 cal.) – Caesar (170 cal.) – French (130 cal.) – Honey Dijon (130 cal.) – Italian (100 cal.) – Ranch (110 cal.) – Raspberry Vinaigrette (30 cal.)



New for July



Healthier Choice

(under 460 mg sodium, 4 g saturated fat, 10 g added sugar)



Vegetarian

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

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Healthier Choice

Sautéed Pork Loin w/ Mushroom Sauce ★ 🍏 Garlic, thyme, rosemary, and lemon marinated pork loin cooked with mushrooms in a brandied sauce espagnole. (300 cal.) \$15.00

Moroccan Stew ★ 🍏 Moroccan spiced carrots, yams, potatoes, kale, apricots, garbanzo beans and lentils in a vegetable broth. \$12.00 (160 cal.)

Chicken Marsala ★ 🍏 Floured then sautéed chicken breast finished with our marsala wine demi-glace and sautéed mushrooms. \$15.00 (300 cal.)

Flounder Meuniere 🍏 ★ Sautéed flounder, clarified butter, olive oil, lemon, white wine, and parsley. (200 cal.) \$15.00

Pasta

Fettuccini Alfredo ★ Cream, garlic, parmesan and butter tossed with fettuccini pasta. \$15.00 (380 cal.) *Add Protein Chicken, Shrimp, or Tofu*

Linguine with Meat Sauce ★ Linguine pasta tossed tomato meat sauce then finished with parmesan cheese. (350 cal.) \$12.00
Marinara sauce available (50 cal.) 🌿

Pasta dishes are served with a breadstick (160 cal.)

Gluten Friendly Pasta Available

Sea

Fisherman's Seafood Pie ★ Cod, shrimp, white wine, cream, herbs and vegetables with a crumb topping. (340 cal.) \$15.00

Mediterranean Cod ★ Cod simmered with tomatoes, wine, capers and olives. \$15.00 (190 cal.)

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Farm

Hawaiian Braised Beef Sliders ★ Braised Beef with ginger, garlic, soy sauce and pineapple juice. (350 cal.) Served on three slider buns. (240 cal.) Suggested with Pineapple Mango Salsa (30 cal.) \$15.00

Stuffed Cabbage Roll ★ Beef, rice, egg, tomato, flour, butter and fresh herbs. \$15.00 (230 cal.)

Buttermilk Fried Chicken ★ Buttermilk marinated chicken breast tossed in seasoned breadcrumbs then fried and served with our dijonaise sauce. (700 cal.) \$15.00

Country Fried Chicken Livers ★ Chicken livers, buttermilk, hot sauce, flour, black magic seasoning, garlic, paprika. (240 cal.) \$15.00

Mojo Pork Over Black Beans & Rice Braised pork shoulder, garlic, citrus, oregano, cumin, cilantro over black beans and rice. (410 cal.) \$12.00

BBQ Pork Ribs Oven roasted spareribs, glazed with BBQ sauce. (500 cal.) \$15.00

Grilled Salmon 🍷 Grilled Salmon filet. \$15.00 (240 cal.)

Grilled Chicken 🍷 Herb marinated chicken breast grilled over an open flame. \$12.00 (220 cal.)

Sides

Corn O'Brien (190 cal.)

Macaroni & Cheese (150 cal.)

Baked Potato (120 cal.)

Cinnamon Roasted Sweet Potato (100 cal.)

Brussel Sprouts w/ Bacon (40 cal.)

Roasted Carrots (170 cal.)

Cajun Cauliflower (40 cal.)

Braised Collard Greens (40 cal.)

Mixed Fruit (40 cal.)

**Available Plain:*

Baked Potato, Brussel Sprouts, Carrots, Cauliflower