

Chesapeake & Shortline

Sunday Brunch 7/12

SOUPS & SALADS

Soup of the Day- \$2.75
Plain Grits-(130 cal.) \$3.00
Old Fashioned Oats- (110 cal.) \$3.00
House Salad Mixed greens, carrots, tomatoes and cucumber. (10 cal.) \$2.75
Couscous Fruit Salad 🌿★ Couscous pasta, toasted almonds, apricots, raisins and dry cranberries tossed with fresh lemon and oil. (160 cal.) \$2.75
Mixed Fruit- Mixed seasonal fresh fruits and berries. (40 cal.) \$2.75

Bread of the DAY

Special Bread: Danish★(360 cal.) \$3.25
Biscuit (250 cal.) \$ 1.75

Ham & Cheese Strata ★ Baked egg, ham, ricotta, parmesan, mozzarella cheese, milk and bread. (370 cal.) \$8.00
Scrambled Eggs (200 cal.) \$2.00
Bacon (110 cal.) \$1.75
Turkey Bacon Available upon request only. (50 cal.)
Sausage Link Roasted pork sausage links. (230 cal.) \$1.75
Turkey Sausage available upon request only. (140 cal.)
Home Fries Russet potatoes, onions, peppers and spices. (120 cal.) \$1.75
Scrapple (130 cal.) \$2.75

Tilapia w/ Shrimp Sauce★ Pan seared tilapia and shrimp with a white wine, sherry cream sauce. (520 cal.) \$8.50
Penne w/ Sausage Asparagus Pesto★ Sautéed sweet Italian sausage with asparagus, roasted peppers and parmesan finished with traditional pesto. (600 cal.) \$12.00
Chicken Paprikash★ Bone in chicken leg, paprika, tomato, peppers, onion, garlic and sour cream. \$10.00 (550 cal.)

Lentil ★ (130 cal.)\$1.75
Mashed Potatoes ★(140 cal.) \$1.75 **Poultry Gravy** (50 cal.)
Stewed Tomatoes w/ Okra ★ (50 cal.) \$1.75
Lemon & Garlic Broccoli★(50 cal.) \$1.75

From the Griddle

Grill specials come with choice of bacon or turkey bacon (50 cal.),
or turkey sausage (140 cal.) or pork sausage and toast
White, Wheat, or English Muffin toast available
GF Toast available upon request.

Banana Pancakes★Buttermilk and banana pancakes. (190 cal.) Suggested choice of protein: Sausage (230 cal.), Bacon (110 cal.), (Turkey Sausage **or** Turkey Bacon available upon request) \$12.00
Breakfast Platter - Two pancakes (240 cal.) Scrambled eggs (200 cal.), Suggested choice of protein: Sausage (230 cal.), Bacon (110 cal.), (Turkey Sausage **or** Turkey Bacon available upon request) \$12.00
Build Your Own Omelet (70 cal.) \$8.00
Toppings : Cheddar Cheese (110 cal.) Spinach (15 cal.)
Mushrooms (5 cal.) Ham (45 cal.) Onion (5 cal.) Green Peppers (5 cal.)
Plain Grilled Salmon (240 cal.) **add Bourbon Sauce** (60 cal.) \$9.00
Plain Grilled Chicken (220 cal.) **add Bourbon Sauce** (60 cal.) \$8.00

Desserts

Daily Desserts

Lemon Cake ★ (250 cal.) \$3.25

Healthier Choice

★ New for Week

| 🍏 (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.