

Chesapeake & Shortline

Sunday Brunch 7/19

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
Cucumber Dill Salad🌿★ Sliced cucumber, dill in a sour cream dressing. (60 cal.) \$2.75
Mixed Fruit- Mixed seasonal fresh fruits and berries. (40 cal.) \$2.75

Bread of the DAY

Special Bread: Bagel ★(230 cal.) \$3.25
Biscuit (250 cal.) \$ 1.75

Spinach Feta Quiche ★🌿 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

Orange Glazed Chicken Thighs ★ Chicken thighs, orange, soy sauce, sesame, garlic oyster sauce and honey. (350 cal.) \$8.50
Basa Francaise★ Lightly battered and sautéed Basa filet in a white wine, lemon butter sauce. (310 cal.) \$12.00
Mojo Pork over Black Beans & Rice ★ Braised pork shoulder, garlic, citrus, oregano, cumin, cilantro over black beans and rice. \$10.00 (420 cal.)

Jasmine Rice ★(130 cal.)\$1.75
Roasted Potatoes★(130 cal.) \$1.75
Sautéed Asparagus★(30 cal.) \$1.75
Steamed Spinach ★(30 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.

French Toast Platter★ Egg, cream, cinnamon and sugar dipped toast, cooked on the griddle. (230 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

Apple Blossom★(230 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.