

Chesapeake & Shortline

Sunday Brunch 7/26

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
Pear & Cottage Cheese Salad 🌿 ⭐ Sliced pears and cottage cheese. (70 cal.) \$2.75
Mixed Fruit- Mixed seasonal fresh fruits and berries. (40 cal.) \$2.75

Bread of the DAY

Special Bread: Banana Bread ⭐ (280 cal.) \$3.25
Biscuit (250 cal.) \$ 1.75

Breakfast Buffet

Apple Stuffed Pancakes ⭐ (180 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

Entrée Buffet Specials

Cheese Strata ⭐ Baked egg, ricotta, parmesan, mozzarella cheese, milk and bread. (360 cal.) \$8.50
Cauliflower Parmesan ⭐ 🌿 Roasted cauliflower "steak", topped with mozzarella, fresh basil, parmesan and marinara sauce. (270 cal.) \$12.00
BBQ Pulled Chicken ⭐ Braised chicken breast with a sweet and tangy BBQ sauce. \$10.00 (150 cal.)

Pinto Beans with Bacon & Tomato ⭐ (150 cal.) \$1.75
Kidney Beans ⭐ (110 cal.) \$1.75
Balsamic Beets ⭐ (80 cal.) \$1.75
Steamed Vegetable Medley ⭐ (40 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.

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

Coconut Layer Cake ⭐ (290 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.