

Chesapeake & Shortline

Sunday Brunch 8/2

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
Strawberry & Cottage Cheese Salad Sliced strawberries and cottage cheese with mint. (60 cal.) \$2.75
Mixed Fruit- Mixed seasonal fresh fruits and berries. (40 cal.) \$2.75

Bread of the DAY

Special Bread: Cinnamon Roll  (280 cal.) \$3.25
Biscuit (250 cal.) \$ 1.75

Breakfast Buffet

Tomato & Feta Frittata (160 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

Rigatoni Alla Norma Eggplant, garlic, tomato, rigatoni pasta, ricotta, parmesan and mozzarella cheeses. (360 cal.) \$8.50
Coconut Cashew Cod  Cashew and coconut crusted baked cod with a Thai Curry sauce. (290 cal.) \$12.00
Italian Sausage & Peppers  Sautéed sweet Italian sausage with garlic, onions, green and red peppers. \$10.00 (340 cal.)

Confetti Rice  (50 cal.) \$1.75
Sautéed Cinnamon Apples  (150 cal.) \$1.75
Asian Green Beans (40 cal.) \$1.75
Spinach with Onions & Bacon (90 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
Eggs Benedict  Toasted English muffins topped with Canadian bacon, poached eggs and classic Hollandaise sauce. (960 cal.) \$8.00

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

Cookies & Cream Pie (410 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.