

Chesapeake

August 10th – September 12th

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.)

Cucumber Dill Salad   Sliced cucumber, dill in a sour cream dressing. (60 cal.) \$2.75

Peaches & Cottage Cheese   Sliced peaches and cottage cheese. (70 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.)

Hoppin John Salad  An updated interpretation of a classic southern dish. Quinoa, black eyed peas, kale, peppers, onions - in a light dressing. (220 cal.) \$12.00

Mandarin Orange Almond Salad  Red onions, tomatoes, mandarin oranges, green onions and toasted almonds, served over a bed of mixed greens tossed in ginger dressing and garnished with fried wontons. (270 cal.) \$12.00

Asian Lettuce Wrap  Ground chicken sautéed with pureed apples, soy, plum sauce, garlic, ginger and water chestnuts. Topped with bang bang sauce, sesame seed and scallions on Boston leaf lettuce boats. (310 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 August



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

BBQ Pulled Chicken ★ 🍏 Braised chicken breast with a sweet and tangy BBQ sauce. (150 cal.) \$15.00

Thai Curried Vegetables ★ 🍏 Sautéed mushrooms, carrots, broccoli, red peppers, eggplant and water chestnuts with curry spiced garlic and ginger coconut sauce - over jasmine rice. \$12.00 (250 cal.)

Ranch Grilled Chicken ★ 🍏 Grilled ranch spiced chicken breast with ranch sauce. \$15.00 (220 cal.)

Baked Cod 🍏 ★ Baked Cod filet. (130 cal.) \$15.00

Pasta

Summer Vegetable Gnocchi ★ 🌿 Zucchini, yellow squash, corn, cream, parmesan and basil with gnocchi potato dumplings. (505 cal.) \$8.00 *Add Protein: Chicken, Shrimp, or Tofu*

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

Pasta dishes are served with a breadstick (170 cal.)

Gluten Friendly Pasta Available

Sea

Bay Style Tilapia ★ Old Bay seasoned tilapia filet, sautéed and topped with lemon herb compound butter. (250 cal.) \$15.00

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

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Farm

Sautéed Liver with Bacon & Onions ★ Seared beef liver, bacon and onions. (350 cal.) \$15.00

Southwest Peppers ★ Baked pepper stuffed with rice, beans, corn, mozzarella, with poblano gravy and tortilla. \$15.00 (280 cal.)

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

Bratwurst, Beer and Onions ★ German style pork sausage, braised in beer with peppers and onions grilled to order. (310 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.)
Mashed Red Bliss Potatoes (140 cal.)
Cilantro Lime Rice (140 cal.)

Sweet Chili Brussel Sprouts (90 cal.)
Steamed Lima Beans (50 cal.)
Sautéed Spinach with Mushrooms (40 cal.)
Roasted Zucchini (30 cal.)
Mixed Fruit (40 cal.)

**Available Plain:*
Brussel Sprouts, Lima Beans, Zucchini