

Chesapeake

September 14th – October 10th

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 (30 cal.)

Caesar Salad  Chopped romaine, parmesan cheese and house made croutons, tossed in Caesar dressing. (290 cal.) \$2.75

Tomato & Cucumber Salad   Fresh tomatoes, cucumbers, red onion, basil and Italian dressing. (40 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.)

Apple Creek Salad Mixed greens with toasted pecans, dried cherries, blue cheese, apple and house made Dijon-apple vinaigrette. (220 cal.) \$12.00

Roasted Beet, Walnut & Goat Cheese Salad   Roasted beets, dried cherries, candied walnuts and goat cheese. Served with your choice of dressing. (220 cal.) \$12.00

Italian Sausage & Peppers Sub  Sautéed sweet Italian sausage with garlic, onions, green and red peppers on a toasted sub roll. (570 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 September



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

Thai Curry Vegetable Over Jasmine Rice ★ 🍎 Sautéed mushrooms, carrots, broccoli, red peppers, eggplant and water chestnuts with curry spiced garlic and ginger coconut sauce - over jasmine rice. (250 cal.) \$15.00

Beef Goulash ★ 🍎 Braised beef with onion, garlic, paprika, mushrooms and tomato served over egg noodles. \$12.00 (350 cal.)

Egg Shakshuka with Feta ★ 🍎 Tomato, egg, spices and feta cheese. \$15.00 (160 cal.)

Moroccan Spiced Salmon ★ 🍎 Salmon filet, lemon, honey, spice, mint and pomegranate seeds. (330 cal.) \$15.00

Pasta

Poached Basa with Whole Wheat Pasta & Tomato Confit ★ Basa, white wine, lemon and dill. Suggested with whole wheat pasta (170 cal.) Tomato Confit (120 cal.) \$12.00 *Add Protein: Chicken, Shrimp, or Tofu*

Spaghetti with Meatballs ★ Spaghetti tossed with our marinara then topped with our signature beef, veal and pork meatballs. (530 cal.) \$12.00 *Marinara sauce available (50 cal.)* 🌿

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

Gluten Friendly Pasta Available

Sea

Blackened Catfish ★ Pan seared Cajun spiced catfish filet. (200 cal.) \$12.00

Fried Flounder ★ Lightly battered. \$15.00 (150 cal.)

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Farm

Salmon Stir Fry ★ Salmon, onions, broccoli, carrots, peppers, garlic, ginger, brown rice and sesames. (280 cal.) \$15.00

Black Bean Chili ★ 🌿 Black beans stewed in a vegetable broth with peppers, tomatoes, cumin, coriander and coffee. Topped with cheddar cheese, green onions and served with sour cream. \$15.00 (200 cal.)

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

Knockwurst with Sauerkraut ★ German style pork and beef sausage served over braised sauerkraut. (560 cal.) \$15.00

Aunt Millie's Meatloaf ★ With diced peppers, onion, ketchup, mustard, herbs and spices - with gravy. (460 cal.) \$12.00

Chinese Style Braised Chicken & Cabbage ★ Chicken thigh, cabbage, carrots, onions, mushrooms, garlic, ginger, oyster and soy sauce with sesame oil. (270 cal.) \$15.00

Grilled Salmon 🍷 Grilled Salmon filet. \$15.00 (250 cal.)

Grilled Chicken 🍷 Herb marinated chicken breast grilled over an open flame. \$12.00 (190 cal.)

Sides

Corn O'Brien (190 cal.)
Loaded Mashed Potatoes (200 cal.)
Roasted Gold Potatoes (90 cal.)
French Fries (350 cal.)

Braised Fennel (80 cal.)
Broccoli Au Gratin (110 cal.)
Thai Chili Brussel Sprouts (90 cal.)
Southern Green Beans (80 cal.)
Mixed Fruit (40 cal.)

**Available Plain:*
Broccoli & Brussels Sprouts