

Chesapeake

April 8th-May 11th

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


Tabbouleh Salad★ Bulgur wheat, mint, parsley, olive oil, garlic, lemon, and onions (90 cal.) \$2.75

Fruit Salad Pineapple, seedless red & green grapes, mango and kiwi.
\$2.75 (30 cal.)

Entrée Salads and Handhelds

Choose One Protein For Your Entrée Salad

Salmon (240 cal.) Grilled Shrimp (140 cal.) Grilled Chicken Breast (190 cal.) Baked Tofu (90 cal.)

Caesar Salad- Chopped romaine, parmesan cheese, house-made croutons, tossed in Caesar dressing \$12.00 (500 cal.)

Wedged Salad★ Diced bacon, tomatoes, scallions and blue cheese over a wedge of lettuce and dressed with blue cheese dressing \$12.00 (390 cal.)

Cubano- ★ Sliced ham, braised pork, Swiss cheese, pickles, and yellow mustard on a sub roll (700 cal.) \$15.00

Turkey Burger- House made seasoned turkey burger, topped with lettuce, tomato and onion on a brioche bun. \$12.00 (450 cal.)

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 April



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

Cauliflower Tacos ★🍏🌿 Cauliflower, garbanzo beans, cilantro, sour cream, avocado and cabbage with lime. \$12.00 (280 cal.)

Thai Chili Salmon 🍏 Salmon filet, broccoli, peppers and onions with a sweet Thai chili sauce. \$12.00 (420 cal.)

Chicken Provencal 🍏 Seared bone in chicken breast, braised in garlic, olives, tomatoes, fresh herbs, wine and shallots. \$10.00 (370 cal.)

Pasta

Pappardelle Caprese ★🍏 Cherry tomatoes, garlic, white wine, chicken broth, butter and fresh mozzarella cheese, garnished with balsamic reduction and basil pesto. \$12.00 (530 cal.)

Linguine with Meat Sauce or Marinara 🌿🍏 Linguine pasta tossed in tomato meat sauce then finished with parmesan cheese. \$15.00 (350/230 cal.)

Eggplant Parmesan with Linguine 🌿 Breaded and fried eggplant, topped with tomato sauce and mozzarella cheese, served with linguine pasta. (570 cal.) \$15.00

Pasta dishes are served with a breadstick (160 cal.)

Gluten Friendly Pasta Available

Sea

Cod Dijonnaise Baked Cod brushed with a creamy horseradish dijonaise and topped with breadcrumbs and parmesan cheese. \$12.00 (320 cal.)

Greek Shrimp ★🍏 Shrimp, tomatoes, garlic, honey, oregano, thyme, feta, grilled pita. (440 cal.) \$15.00

Seared Trout ★🍏 Seasoned and seared trout. (250 cal.) \$15.00

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Farm

Chicken Alexander Pan seared chicken breast, finished with a brandy apricot cream sauce. \$15.00 (380 cal.)

Jamaican Jerk Chicken ★ Herbs, spices, spicy pepper, soy sauce, bone in chicken leg, served with mango salsa. \$12.00 (420 cal.)

Country Fried Steak ★ Beef sirloin batter fried and smothered in country style white gravy. \$12.00 (520 cal.)

Tenderloin Tips over Mashed Potatoes Sautéed beef tips in a mushroom and brandy demi glaze served over mashed potatoes. \$12.00 (430 cal.)

Tamale Pie ★ Corn bread based pie - Ground beef seasoned with cumin, garlic, pepper - topped with cheddar cheese, enchilada sauce and baked. \$12.00 (610 cal.)

Orange Sesame Chicken ★ Tempura battered white meat chicken fried then tossed in our sweet and savory orange-sesame glaze. Served over white rice. \$12.00 (620 cal.)

Italian Sausage and Peppers ★ Sautéed sweet Italian sausage with garlic, onions, green and red peppers. \$15.00 (340 cal.)

Plain Chicken Plain grilled chicken breast. \$8.00 (190 cal.)

Plain Salmon Plain grilled salmon filet. \$11.00 (240 cal.)

Sides

Harvard Beets (110 cal.)

Sweet Chili Brussels Sprouts (90 cal.)

Southern Style Green Beans (80 cal.)

Succotash (90 cal.)

Steamed Green Beans (35 cal.)

Cilantro Lime Rice (140 cal.)

Baked Potato (220 cal.)

Mashed Potatoes (140 cal.)

Quinoa Pilaf (60 cal.)

Baked Sweet Potato (190 cal.)

Fruit Salad (30 cal.)

**Available Plain: Plain Steamed Rice, Plain Beets,
Plain Brussel Sprouts*