

Terrace Café

March 11th -April 6th

SOUPS & SALADS

Mushroom Barley Soup- Mushroom, celery, carrots, onion, herbs in a vegetable broth with barley. (80 cal.) \$2.75

Soup of the Day A homemade specialty soup prepared in-house. \$2.75

House Salad-Mixed greens, carrots, tomatoes and cucumbers. (30 cal.) \$2.50

Greek Farro Salad 🍏 🌿 Farro, Kalamata olives, cucumber, tomato, artichoke, roasted red pepper, feta cheese and red onion tossed with Greek dressing. (260 cal.) \$3.25

Fruit Salad- Cut pineapple, seedless green grapes, red grapes, mango and kiwi. (30 cal.) \$2.95

Broccoli Crunch Salad-★ Broccoli, cauliflower, bacon, red onion, raisins and sunflower seeds tossed in an apple mayonnaise. (180 cal.) \$3.25

Beet and Orange Salad- Roasted beets, oranges, pistachios and goat cheese topped with a balsamic reduction. \$3.00 (140 cal)

ENTRÉE SALADS

Served w/ Shrimp (140 cal.), Chicken (190 cal.) or Grilled Portobello Mushroom. (70 cal.)

Trio Salad- Chicken, egg & tuna salad on romaine lettuce with cherry tomatoes & cucumbers. (510 cal.) \$ 10.00

Caesar Salad ★ Chopped romaine, parmesan cheese, house-made croutons, tossed in Caesar dressing. (500 cal) \$9.00

Chicken Cobb Salad- Diced grilled chicken, avocado, bacon, egg, tomato, blue cheese, cheddar cheese over crispy romaine lettuce. Served with a dressing of your choice on the side. (410 cal.) \$10.00

DELI

Served with a dill pickle and one side.

Gluten Friendly Bread Options Available

Chicken Salad-Roasted and diced chicken tossed with mayonnaise, mustard and celery. (340 cal.) \$6.00

Shrimp Salad- 🍏 Chilled steamed shrimp, lemon and seasoning tossed with mayonnaise and celery. (310 cal.) \$8.00

Tuna Salad- Tuna, lemon, and mayonnaise. (330 cal.) \$6.00

Egg Salad-Diced eggs, mayonnaise and mustard lightly seasoned. (270 cal.) \$6.00

Smoked Salmon BLT Smoked salmon, bacon lettuce and tomato on toast with remoulade sauce. (580 cal) \$12.00

Italian Cold Cut Sub- Thinly sliced salami, ham and mortadella layered with provolone cheese, lettuce, tomato, onion and lemon vinaigrette on a hard roll. (790 cal.) \$9.00

Turkey Club- Thinly sliced turkey with American cheese, crispy bacon, lettuce and tomato on 3 layers of toasted bread. (450 cal.) \$8.00

GRILL

Served with a Dill Pickle and one side.

Gluten Friendly Bread Options Available

Signature Burger - Smash style griddle seared beef burger with shredded lettuce, tomato and onion, on a toasted brioche bun. (550 cal.) \$6.95

Patty Melt- Our signature burger served on toasted rye with American and Swiss cheeses and crispy frizzled onions. (850 cal.) \$7.00

Turkey Rachel- Thinly sliced roasted turkey breast, coleslaw, Swiss cheese and 1000 island dressing on toasted rye bread. (760 cal.) \$9.00

Philly Cheesesteak - Seared Philadelphia style steak and onions on a roll with melted provolone cheese. (820 cal.) \$8.00

Rueben- Corned beef with Swiss, Sauerkraut, Thousand Island on rye bread. (710 cal.) \$9.00

Grilled Cheese - Buttered and toasted bread with melted American cheese. (320 cal.) \$4.00

Hot Dog- All beef, quarter pound hot dog on a bun. (440 cal.) \$5.00

Chicken Philly Cheesesteak- "Philly style" chicken sautéed with onions and American cheese on a toasted sub roll. \$8.00 (730 cal)

Tuna Melt- Tuna salad and melted cheddar cheese on toasted sourdough bread. (740 cal.) \$7.00

Chicken Bacon Ranch Sandwich- Grilled chicken breast with bacon, ranch dressing and pepper jack cheese on sourdough panini bread. (710 cal.) \$8.00

BBQ Bacon Cheddar Burger - Beef burger topped with bacon, cheddar, barbecue sauce, lettuce and tomato on a brioche bun. (790 cal.) \$7.00

Crispy Chicken Ranchero ★ Crispy fried breaded chicken, chopped romaine, chipotle mayonnaise, ranch, cheddar cheese and fresh tomato wrapped in a warm tortilla. (730 cal.) \$8.00

Oyster Po Boy - ★ Fried Oysters topped with coleslaw, remoulade and tomatoes on a sub roll. (610 cal.) \$10.00

Grilled Ham & Cheese- ★ Traditional sandwich served with buttered and grilled white bread, ham and American cheese. (410 cal.) \$8.00

SALAD DRESSING

1000 Island (140) - Balsamic Vinaigrette (60) Blue Cheese (160) - Italian (50)- Ranch (120) - Honey Dijon (130)

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Terrace Café

PIZZA (500-790 cal.)

Cheese – Pepperoni – Sausage – Ham,
Roasted Red Peppers – Red Onions – Portabella Mushrooms- \$8.00
Gluten Friendly crust available upon request. (480 cal.)

ENTRÉES

Buffalo Chicken Wings –Crispy fried chicken wings tossed in a traditional spicy Buffalo sauce. Served with blue cheese dressing.

(850 cal.) \$9.00

Chicken Tenders- Buffalo, BBQ, Old Bay or plain with coleslaw, and one side.
(340 cal.) \$9.00

Plain Grilled Chicken- (190 cal.) \$6.00

Plain Salmon- (240 cal.) \$11.00

BEVERAGES

Coke \$1.60– Diet Coke \$1.60– Root Beer \$1.60– Ginger Ale \$1.60– Lemonade \$1.60–
Sprite \$1.60– Brewed Tea \$1.60– Brewed Coffee \$1.60– Milk \$1.60

SIDES

Steak Fries (350 cal.)

Sweet Potato Fries (200 cal.)

Cole Slaw (140 cal.)

Onion Rings (390 cal.)

Chips (450 cal.)

Fruit Salad (30 cal.)

OR CHOOSE FROM OUR DAILY SPECIAL SIDES.

DESSERT

Red Velvet Cake (270 cal.)

Chocolate Chip Cookies (340 cal.)

NSA Apple Pie (330 cal.)

Coffee Cake (210 cal.)

Fruit Salad (40 cal.)

Daily Ice Cream Selection \$3.25



New for March |



Healthier Choice
(under 460 mg sodium, 4 g
saturated fat, 10 g added sugar)



| Vegetarian

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Terrace Café Specials

3/10/24-3/16/24

Sunday

Mushroom Barley Soup - Mushroom, celery, carrots, onion, herbs in a vegetable broth with barley. (45 cal.) \$2.75

Broccoli Cheddar Quiche- Eggs, cream, broccoli and cheddar cheese, baked in a pie shell. (480 cal.)


Egg & Vegetable Burrito- Egg, peppers, potatoes, onions and cheese in a tortilla wrap. (530 cal.)

Broccoli- (40 cal.)

Hash Brown Patty- (170 cal.)

Monday

New England Clam Chowder - Chopped clams, celery, onions, potatoes, garlic and fresh herbs in seafood milk broth. \$2.75 (145 cal.)

Chicken Francaise -  Sautéed egg battered chicken breast finished with butter, lemon and white wine. (260 cal.) \$8.00

Liver & Onions w/ Bacon- Seared beef liver, bacon and onions. (400 cal.) \$8.00

Carved Flank Steak- (Available after 4pm.)

Grilled lemon and herb marinated flank steak. (250 cal) \$8.00

Braised Red Cabbage (25 cal.)

Sautéed Zucchini & Squash (20 cal.)

Sautéed Apples (190 cal.)


Yam Casserole (355 cal.)

Tuesday

Italian Wedding Soup- Carrots, celery, onion, garlic, fresh herbs and seasoning with meatballs and pasta in chicken broth. \$2.75 (150 cal.)

Beef Fajita - Grilled marinated beef skirt steak, peppers, onions and warmed tortillas. Served with sour cream, guacamole and pico de gallo. (500 cal.) \$8.00

Chicken Arrabiata- Bone in chicken breast, braised in tomato, wine, butter and a touch of hot pepper. (480 cal.) \$8.00

Carved Turkey- (Available after 4pm.)  Oven roasted - Savory thyme and sage turkey with gravy. (195 cal.) \$8.00

Mashed Cauliflower (130 cal.)

Steamed Brussel Sprouts (50 cal.)

Cajun Corn (140 cal.)

Mediterranean Rice & Beans (150 cal.)

Wednesday

Sausage, Bean & Kale- Garbanzo beans, Italian sausage, onion, carrots, celery, garlic, parmesan cheese and onions in chicken broth. \$2.75 (110 cal.)

Stuffed Shells w/ Meat Sauce- House stuffed pasta shells with ricotta, parmesan, egg and parsley topped with meat sauce. (655 cal.) \$8.00

Chicken w/ Artichokes & Mushrooms- Floured then sautéed chicken breast finished with artichokes, mushrooms, tomatoes and a white wine pan sauce. (280 cal.) \$8.00

Fettuccine Alfredo w/ Chicken- (Available All Day.) Cream, garlic, parmesan and butter tossed with fettuccini pasta with grilled chicken. (470 cal.) \$8.00

Sautéed Italian Asparagus (30 cal.)

Dill Carrots (65 cal.)

Pinto Beans w/ Bacon & Tomatoes (150 cal.)

Roasted Butternut Squash (120 cal.)

★ New for March



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saturated fat, 10 g added sugar)



Vegetarian

Thursday

Butternut Squash Soup- Butternut squash, apple, coconut milk, chicken broth, garlic, nutmeg and cinnamon. (70 cal.) \$2.75

Chicken Cordon Bleu- Chicken breast stuffed with ham and Swiss tossed in seasoned breadcrumbs then fried and served with a Dijon cream sauce. \$8.00 (570 cal.)

Tuscan Salmon- Wine Poached salmon filet topped with olives, tomatoes, scallions and feta cheese. \$8.00 (590 cal.)

Chicken & Mushroom Linguine-  (Available after 4pm)

Sautéed chicken breast, garlic, shallots, portabella, shitake and crimini mushrooms, tossed with olive oil, rosemary, parmesan cheese and linguine. \$8.00 (375 cal.)

Peas & Pearl Onions (100 cal.)

Steamed Broccoli (40 cal.)

Rice Pilaf (130 cal.)

Potatoes O'Brien (100 cal.)

Friday

Chicken Noodle Soup - Carrots, celery, onions, roasted chicken and egg noodles in chicken broth. \$2.75 (90 cal.)

Beef Teriyaki Stir Fry - Teriyaki marinated beef with carrots, onions and peppers served over jasmine rice. (520 cal.) \$8.00

Cod Cakes- Cod, potato, breadcrumbs, lemon, capers, onions and mayonnaise, served with remoulade sauce. (395 cal.) \$8.00

Roast Beef -(Available after 4pm.)

Certified Angus Beef lightly seasoned and roasted. (180 cal.) \$8.00

Sesame Carrots (65 cal.)

Green Beans & Tomatoes (35 cal.)

Mashed Yams (185 cal.)

Kidney Beans (110 cal.)

Saturday

Beef Vegetable Soup - Carrots, celery, onion, green beans, corn, lima beans, cabbage, tomato, potatoes and diced beef in beef broth. (110 cal.) \$2.75

BBQ Pulled Pork - Braised pork shoulder with a sweet and tangy BBQ sauce. (340 cal.) \$8.00

Pepper Steak - Peppers, onions, snow peas and carrots in a sesame sauce served over a bed of Jasmine rice. (580 cal.) \$8.00

Ham w/ Rum Raisin Sauce -(Available after 4pm.) Hardwood smoked ham topped with a sweet, tangy orange raisin rum sauce, with clove and cinnamon. (400 cal.) \$8.00

Sautéed Cabbage (40 cal.)

Italian Vegetable Medley (35 cal.)

Mashed Potatoes (140 cal.)

Garlic Herb Yukon Potatoes (90 cal.)

This week's special fruit offering is a whole apple.

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