

# Chesapeake

## 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

**Greek Farro Salad** ★ Farro, Kalamata olives, cucumber, tomato, artichoke, roasted red pepper, feta cheese and red onion tossed with Greek dressing. (260 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.)**

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

**Buffalo Chicken Salad** ★ Seasonal greens with onions, cucumber, tomato, bacon, and blue cheese. Topped with spicy Buffalo glazed chicken and tossed in a dressing of your choice. \$12.00 (420 cal.)

**BLT on Croissant** ★ Bacon, avocado, lettuce and tomato on a toasted croissant with mayonnaise. (560 cal.) \$9.00

**Turkey Burger** ★ House made seasoned turkey burger, topped with lettuce, tomato and onion on a brioche bun. \$10.00 (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 March



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

**Chicken Marsala** ★ 🍏 Floured then sautéed chicken breast finished with our marsala wine demi-glace and sautéed mushrooms. \$15.00 (260 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

**Shrimp Pomodoro** ★ 🍏 Shrimp, garlic, blistered cherry tomatoes, olive oil and a touch of spice, tossed with penne pasta. \$15.00 (380 cal.)

**Linguine with Meat Sauce** ★ 🍏 Linguine pasta tossed tomato meat sauce then finished with parmesan cheese. \$15.00 (350 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.)

**Flounder Meuniere** ★ 🍏 Sautéed flounder, clarified butter, olive oil, lemon, white wine, and parsley. (180 cal.) \$15.00

**Blackened Catfish** ★ 🍏 Pan seared Cajun spiced catfish filet. (210 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.)

**Grilled Bourbon Pecan Chicken** Grilled chicken, bourbon, honey, pecans, and butter. \$15.00 (540 cal.)

**Beef Stew** Tender cuts of beef sirloin braised in a rich sauce with red wine, carrots, celery, onions, potatoes then served over egg noodles. \$12.00 (500 cal.)

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

**Swedish Meatballs** ★ Swedish style beef meatballs, served in a sauce of worcestershire, dijon mustard, cream and beef broth. \$12.00 (530 cal.)

**Veal Marsala** ★ Veal cutlet, flour, Marsala wine demi-glaze and sautéed Mushrooms. \$15.00 (210 cal.)

**Hoisin Ribs** Oven roasted spareribs glazed with tangy hoisin sauce. \$15.00 (530 cal.)

**Plain Chicken** Plain grilled chicken breast. \$6.00 (190 cal.) 🍏

**Plain Salmon** Plain grilled salmon filet. \$8.00 (530 cal.) 🍏

## Sides

Sautéed Broccoli Rabe (60 cal.)  
Green Beans Almandine (90 cal.)  
Sautéed Escarole and Fennel (35 cal.)  
Cajun Cauliflower (90 cal.)  
Steamed Green Beans (35 cal.)

Confetti Rice (50 cal.)  
Baked Potato (220 cal.)  
Mashed Potatoes (140 cal.)  
Cornbread Stuffing (120 cal.)  
Baked Sweet Potato (190 cal.)  
Fruit Salad (30 cal.)

*\*Available Plain: Steamed Green Beans, Steamed Broccoli Rabe, Steamed Cauliflower, Plain Steamed Rice, Baked Sweet Potato*

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## Desserts

**Carrot Cake (340 cal.) \$3.75**

**Chocolate Cake (270 cal.) \$3.75**

**Lemon Bars (280 cal.) \$3.75**

**Cookies and Cream Pie (410 cal.) \$3.75**

**NSA Cherry Pie (340 cal.) \$3.75**

**Bourbon On the Rocks Ice Cream (190 cal.) \$2.75**

**Bing Cherry Ice Cream (180 cal.) \$2.75**

**Chocolate Eclair Ice Cream (240 cal.) \$2.75**

**NSA Chocolate Ice Cream (100 cal.) \$2.75**

**Raspberry Sorbet (100 cal.) \$2.75**

**Strawberry Yogurt (130 cal.) \$2.75**

**Fruit Salad (30 cal.) \$2.75**

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## Specials

No Specials 3/10-3/16  
New Feb Static Menu Rollout

3/17 -3/23

**Arugula Salad with Farro and Chicken-** Grilled chicken, over a salad of farro, arugula, feta, apples, pecan and cranberries with a shallot vinaigrette.  
\$12.00 (cal.480)

**General Tso's Chicken-** Tempura battered white meat chicken with steamed broccoli tossed in a sweet and spicy sauce. Served over white rice. \$12.00 (500 cal.)

**Bacon Wrapped Pork Tenderloin-** Bacon wrapped pork tenderloin, roasted and sliced, served with sauce espagnole \$15.00 (cal.400)

3/24 -3/30

**Lasagna with Meat Sauce** Pasta layered with parmesan, mozzarella, ricotta, and our savory meat sauce. \$12.00 (cal.500)

**Chicken Piccata** Floured then sautéed chicken breast finished with white wine, lemon, capers and butter. \$12.00 (260 cal.) 🍏

**Beef Teriyaki Stir Fry-** Teriyaki marinated beef with carrots, onions and peppers served over jasmine rice \$15.00 (cal.520)

3/31-4/6

**Tofu Tikka Masala-** Marinated tofu in a yogurt tomato sauce . \$12.00 (cal.150)

**Herb Crusted Cod-** Herb bread crumb crusted cod baked with lemon. 🍏  
\$10.00 (230 cal.)

**Carved Ham with Raisin Sauce-** Hardwood smoked ham topped with a sweet, tangy orange raisin rum sauce, with clove and cinnamon \$10.00 (cal.400)