

Chesapeake

July 8th – August 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, served with Caesar dressing. (290 cal.) \$2.75

Watermelon Feta★ Diced watermelon, sliced red onions, feta, mint and lime dressing. (60 cal.) \$2.75

Fruit Salad Pineapple, seedless red & green grapes, mango and kiwi.
\$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** (190 cal.)

Baked Tofu (90 cal.)

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

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. \$12.00 (290 cal.)

Chicken Caprese Sandwich★ Grilled chicken breast with fresh mozzarella, arugula, tomato, traditional pesto and balsamic glaze on toasted ciabatta bread. (750 cal.)
\$15.00

Mediterranean Lamb Burger Ground lamb, pickled vegetables, feta cheese and yogurt sauce on a brioche bun. \$12.00 (620 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 July

🍎 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 (350 cal.)

Cajun Chicken 🍎 Grilled Cajun spiced chicken breast, topped with corn and black bean salsa and cilantro sour cream. \$10.00 (240 cal.)

Pasta

Linguine Marinara ⭐🌿 Linguine pasta tossed with marinara sauce and finished with parmesan cheese. \$12.00 (230 cal.)

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

Summer Vegetables with Gnocchi 🌿 Zucchini, yellow squash, corn, cream, parmesan and basil with gnocchi pasta. (500 cal.) \$15.00

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

Gluten Friendly Pasta Available

Sea

Flounder Florentine ⭐ Floured and pan seared flounder in a garlic, spinach, white wine, lemon cream sauce. \$12.00 (250 cal.)

Blackened Catfish 🍎⭐ Pan seared Cajun spiced catfish filet. (210 cal.) \$15.00

Green Goddess Salmon ⭐ Salmon, arugula, tomato and tarragon with a green goddess dressing. (460 cal.) \$15.00

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Farm

Pork Tenderloin with Apples ★ Apple cider brined, sautéed, sliced and served with sauce espagnole. \$15.00 (360 cal.)

BBQ Chicken Quarter BBQ marinated, bone-in leg and thigh of chicken slowly roasted. \$12.00 (440 cal.)

BBQ Salisbury Steak ★ Herb and onion seasoned ground beef patty, served with BBQ Sauce and frizzled onions. \$12.00 (370 cal.)

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

General Tso's Tofu 🌿 Crispy marinated tofu, fried and tossed in a spicy and sweet sauce with broccoli and served over a bed of jasmine rice. \$10.00 (380 cal.)

Chicken Schnitzel Thinly pounded and breaded chicken breast is sautéed until golden brown and crispy then finished with a lemon caper butter sauce \$12.00 (690 cal.)

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

Grilled Chicken Breast Herb marinated chicken breast grilled over an open flame. \$8.00 (190 cal.)

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

Sides

Hush Puppies* (210 cal.)
Baked Potato (220 cal.)
Mashed Potato (140 cal.)
Potato O'Brien* (100 cal.)
Cilantro Lime Rice (140 cal.)

Steamed Beets* (50 cal.)
Stewed Tomatoes*(30 cal.)
Pesto Spaghetti Squash* (60 cal.)
Sautéed Broccoli* (40 cal.)
Fruit Salad (40 cal.)

**Available Plain: Rice, Broccoli, Spaghetti Squash*