

Chesapeake

January 13th – February 8th

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

Carrot Raisin Salad ★ Shredded carrots and raisins tossed in a sweet and tangy dressing. (210 cal.) \$2.75

Mixed Fruit Mixed seasonal fresh fruits and berries. \$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.)

Cobb Salad with Chicken Diced chicken, avocado, bacon, egg, tomato, blue cheese, cheddar cheese over crispy romaine served with a dressing of your choice on the side. \$12.00 (410 cal.)

Trio Salad ★ Tuna, egg and chicken salads served over crispy lettuce with tomatoes and cucumbers. \$12.00 (510 cal.)

Spicy Bison Burger ★ Seared Bison burger, pepper jack cheese, sautéed jalapeno peppers and chipotle mayonnaise on a toasted brioche bun. (830 cal.) \$12.00

Gluten Friendly Bread Options Available

Salad Dressing

Balsamic Vinaigrette (60 cal.) - Bleu 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 January |

🍏 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

Moroccan Stew 🍎🌿 Moroccan spiced carrots, yams, potatoes, kale, apricots, garbanzo beans and lentils in a vegetable broth. (160 cal.) \$12.00

Thai Chili Salmon 🍎 Salmon filet, broccoli, peppers and onions with a sweet Thai chili sauce. (350 cal.) \$12.00

Poached Basa with Dill ⭐🍎 Basa, white wine, lemon and dill. (170 cal.) \$10.00

Cajun Chicken with Black Bean Corn Salsa ⭐🍎 Grilled Cajun spiced chicken breast, topped with corn and black bean salsa and cilantro sour cream. (240 cal.) \$15.00

Pasta

Shrimp Scampi Over Linguine ⭐ Sautéed shrimp tossed with linguine pasta then finished with white wine, lemon, and garlic. \$12.00 (430 cal.)

Manicotti 🌿 Pasta stuffed with ricotta and topped with our marinara, mozzarella and parmesan then oven baked to finish. \$15.00 (600 cal.)

Sauteed Pierogi with Onion ⭐🌿 Traditional potato dumplings filled with potato and cheese served with sauteed onions. (360 cal.) \$12.00

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

Gluten Friendly Pasta Available

Sea

Pan Seared Pesto Haddock ⭐ Seared filet of haddock topped with basil pesto and blistered tomatoes. (360 cal.) \$15.00

Bay Tilapia Old Bay seasoned tilapia filet, sautéed and topped with lemon herb compound butter. (250 cal.) \$15.00

Fish & Chips ⭐ Beer battered fried cod, served with French fries and fresh lemon. (480 cal.) \$15.00

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Farm

Turkey Meatballs-★ Ground turkey blended with milk, eggs, breadcrumbs, garlic, rosemary and then seared. Recommended with mashed potatoes and poultry gravy. \$15.00 (320 cal.)

Pickle Brined Fried Chicken Chicken breast brined with pickling spices and herbs, breaded and deep fried. (180 cal.) Served with Alabama white sauce. (340 cal.) \$12.00

Chicken Coq Au Vin Red wine marinated chicken thighs - braised - with pearl onions, mushrooms and bacon. \$12.00 (560 cal.)

Beef Chili ★ Beef, onions and peppers cooked in tomato and beef broth. \$15.00 (350 cal.)

Grilled Pork Chop with Bleu Cheese & Bacon ★ Grilled pork chop topped with Blue Cheese and Bacon Butter. \$12.00 (540 cal.)

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

Black-Eyed Peas w/ Sausage (280 cal.)

Baked Potato (220 cal.)

Baked Sweet Potato (190 cal.)

Mashed Potatoes (140 cal.)

Truffle Fries (400 cal.)

Braised Red Cabbage (25 cal.)

Sweet Chili Brussel Sprouts (90 cal.)

Green Bean Casserole (80 cal.)

Stewed Tomatoes (30 cal.)

Mixed Fruit (40 cal.)

**Available Plain:
Green Beans, Brussel Sprouts, Fries*