

Chesapeake

September 8th – October 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 (10 cal.)

Caesar Salad - Chopped romaine, parmesan cheese and house made croutons, tossed in Caesar dressing. (290 cal.) \$2.75

Arugula Pears Salad★ Sliced pears, toasted almonds and dried cranberries, served over arugula lettuce. (180 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 (220 cal.)

Kale Bleu Cheese & Bacon Salad★ Crispy bacon, sliced apples, dried cranberries, candied pecans, bleu cheese and kale. (480 cal.) \$12.00

Maurice Salad★ Ham, turkey, Swiss cheese, eggs, gherkin pickles and olives in rich dressing, served over shredded iceberg lettuce. (800 cal.) \$12.00
(No protein substitution for this entrée salad)

Margherita Flatbread★🌿 Parmesan, olive oil, mozzarella, basil, pizza sauce.
\$10.00 (540 cal.) \$12.00

Bacon Bleu Cheeseburger★ Smash style griddle seared burger with bacon and a bleu cheese sauce on a toasted brioche bun. (660 cal.) \$10.00

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 September



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

Basa Francaise ★ 🍏 Lightly battered and sautéed Basa filet in a white wine, lemon butter sauce. (310 cal.) \$15.00

Vegetarian Jambalaya ★ 🍏 🌿 Tofu, black eyed peas, rice, green and red peppers, okra and spice. \$15.00 (200 cal.)

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

Woodland Chicken Breast ★ 🍏 Floured then sautéed chicken breast finished with mushrooms and a brandy cream sauce. \$12.00 (320 cal.)

Pasta

Fettuccini Alfredo ★ 🌿 Cream, garlic, parmesan and butter tossed with fettuccini pasta. \$12.00 (380 cal.)
(Suggested with one protein : Grilled Chicken, or Shrimp)

Spaghetti & Meatballs Spaghetti tossed with our marinara then topped with our signature beef, veal and pork meatballs. (530 cal.) \$12.00

Chicken Mushroom Linguine ★ Sautéed chicken breast, garlic, shallots, portabella, shitake and crimini mushrooms, tossed with olive oil rosemary, parmesan cheese and linguine. (600 cal.) \$12.00 (No Protein substitution for this entrée)

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

Gluten Friendly Pasta Available

Sea

Pistachio Salmon ★ Pistachio and mustard crusted baked salmon filet. (540 cal.) \$15.00

Haddock w/ Clam Sauce ★ Lemon and herb panko breaded haddock filet, topped with a white wine garlic clam sauce. (470 cal.) \$15.00

Cod Dijonnaise ★ Baked Cod brushed with a creamy horseradish dijonnaise and topped with breadcrumbs and parmesan cheese. (320 cal.) \$15.00

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Farm

Creole Steak Medallions ★ Grilled beef medallions served with sauteed peppers and onions then topped with a spicy creole butter. \$12.00 (440 cal.)

Pot Roast w/ Gravy ★ Slow braised beef with celery, onions, carrots and tomatoes in a rich burgundy broth. \$12.00 (400 cal.)

Chicken w/Artichoke & Mushroom ★ Floured then sautéed chicken breast finished with artichokes, mushrooms, tomatoes and a white wine pan sauce. (320 cal.) \$12.00

Vegetable Lasagna ★ 🌿 Pasta, mixed vegetables, red bell pepper, parmesan, mozzarella, ricotta and eggs. (620 cal.) \$12.00

Grilled Bourbon Pecan Chicken ★ Grilled chicken, bourbon, honey, pecans and butter. \$12.00 (580 cal.)

Pork Cutlet w/ Sauerkraut ★ 🍏 Rosemary, mustard and honey-garlic marinated pork loin served with bacon, onions and sauerkraut. \$15.00 (270 cal.)

Honey Baked Ham ★ Applewood smoked ham baked with a honey glaze. \$12.00 (240 cal.)

Grilled Salmon 🍏 Grilled salmon filet. \$15.00 (240 cal.)

Grilled Chicken 🍏 Herb marinated chicken breast grilled over an open flame. \$12.00 (220 cal.)

Sides

Baked Potato (220 cal.)
Yukon Roasted Potatoes (100 cal.)
French Fries (350 cal.)
Mashed Sweet Potato (180 cal.)
Corn O'Brien (120 cal.)

Lemon Garlic Broccoli (50 cal.)
Spinach & Mushrooms (40 cal.)
Roasted Zucchini (30 cal.)
Roasted Parsnips (170 cal.)
Stewed Tomatoes (30 cal.)
Mixed Fruit (40 cal.)

**Available Plain:*

Broccoli, Spinach, Zucchini, Mushrooms, Parsnips