Terrace Café Specials 9/8-9/13

Soup of the Week

Roasted Corn Soup- Ø Corn, onions, herbs and cream. \$2.75 (150 cal.)

Monday 9/8

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

Spinach Lasagna- ✓ Pasta, onions, spinach, parmesan, mozzarella, ricotta and eggs. \$8.00 (610 cal.)

Flounder Piccata - Floured flounder, white wine, lemon, capers and butter. \$8.00 (200 cal.)

Available after 4PM

Oven Roasted Chicken - Savory herb marinated bone-in leg and thigh of chicken- slowly roasted until golden brown. \$8.00 (400 cal.)

Steamed Green Beans (35 cal.)
Orange Glazed Beets (90 cal.)
Corn on the Cob (150 cal.)
Baked Potato (220 cal.)

Tuesday 9/9

Red Bean, Sausage & Rice Soup- Red beans, andouille sausage, ham & chicken broth. \$2.75 (180 cal.)

Roasted Turkey Breast-.

\$8.00 (150 cal.) **Served w/ Cranberry Sauce-** (90 cal.)

New England Style Haddock - Pan seared haddock topped then finished with a crust of ritz crackers, breadcrumbs, fresh herbs and lemon. \$8.00 (250 cal.)

Available after 4PM

Maryland Crab Cake -Classic crab cake made with lump crab, mayonnaise, lemon and breadcrumbs. \$8.00 (280 cal.)

Peas & Pearl Onions (100 cal.) Sauerkraut (30 cal.) Cornbread Stuffing (120 cal.) Mashed Potatoes (140 cal.)

Wednesday 9/10

Turkey Noodle Soup- Carrots, celery, onions, roasted turkey and egg noodles in chicken broth. \$2.75 (80 cal.)

Honey Garlic Chicken-Lightly floured sautéed chicken breast with garlic and honey reduction. \$8.00 (470 cal.)

Bratwurst, Beer & Onions- German style pork sausage, braised in beer with peppers and onions. \$8.00 (310 cal.)

Available after 4PM

Southwest Chicken Bowl -Chicken, black beans, corn, lettuce, tomato, rice, tortillas, queso fresco, guacamole and chipotle ranch dressing. \$8.00 (640 cal.)

Sautéed Green Beans w/ Tomatoes (35 cal.)
Sautéed Mushrooms (60 cal.)

Confetti Rice (50 cal.)

Roasted Yukon Gold Potatoes (100 cal.)

Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.

Thursday 9/11

Beef Minestrone Soup- Beef, carrot, celery, onion, tomato, cabbage, fresh herbs, kidney beans, parmesan cheese and Ditalini pasta in tomato and beef broth. \$2.75 (130 cal.)

Butter Chicken-Chicken thigh, yogurt, garam masala, cumin, cinnamon, ginger, garlic, onion, tomato, jalapeno pepper, chicken broth, heavy cream and cilantro. \$8.00 (410 cal.)

Beef Goulash- ★ Braised beef with onion, garlic, paprika, mushrooms and tomato served over egg noodles. \$8.00 (350 cal.)

Available after 4PM

Spaghetti w/ Meatballs - Spaghetti tossed with our marinara then topped with our signature beef, veal and pork meatballs. \$8.00 (530 cal.)

Italian Vegetable Medley (35 cal.)
Blistered Cherry Tomatoes (30 cal.)
Basmati Rice (140 cal.)
Mashed Red Bliss Potatoes (140 cal.)

Friday 9/12

Chilled Peach Mango Soup- Chilled peach, mango, sour cream and yogurt puree. \$2.75 (120 cal.)

Beef & Cashew Stir Fry-Beef, cashews, broccoli sesame seeds and green onions over jasmine rice. \$8.00 (470 cal.)

Herb Crusted Cod- → Herb bread crumb crusted cod baked with lemon. \$8.00 (230 cal.)

Available after 4PM

Sautéed Zucchini (25 cal.) Roasted Root Vegetables (190 cal.) Jasmine Rice (130 cal.) Baked Beans (130 cal.)

Saturday 9/13

Chicken & Sausage Gumbo- Roasted chicken, andouille sausage, green peppers, okra, celery, garlic, onions and white rice in a chicken broth. \$2.75 (210 cal.)

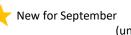
Sweet Chili Orange Chicken- Tempura battered white meat chicken fried then tossed in our sweet and savory chili orange-sesame glaze. Served over white rice. \$8.00 (660 cal.)

Baked Haddock- Baked Haddock filet. \$8.00 (140 cal.) w/ Mustard Beurre Blanc (200 cal.) Available after 4PM

Mediterranean Bowl- Falafel, hummus, basmati rice, kalamata olives, tomato, cucumber, onion, topped with a lemon yogurt dressing and warm pita. \$8.00 (450 cal.)

Roasted Cauliflower (90 cal.) Stewed Tomatoes (30 cal.) Roasted Garlic Mashed Potatoes (150 cal.) Corn on the Cob (150 cal.)

Fruit Special of the Week: Whole Orange



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