

Weekly Specials

9/22-9/27

Full Static Menu Always Available

Please write your name and resident identification number legibly when filling out your carry out form. Thanks

Atrium

Sesame Tofu- Crispy tofu tossed in sesame soy sauce. (240 cal.) \$12.00

General Tso's Chicken- Tempura battered white meat chicken fried then tossed in our sweet and savory orange-sesame glaze. Served over white rice. (510 cal.) \$10.00

Eggplant Chana Masala- Eggplant, garbanzo beans, tomatoes, garlic, ginger and garam masala yogurt sauce - mango chutney. (290 cal.) \$12.00

On Wednesday, September 24th Please See Southern Comfort Menu for Specials

Fireside

Spinach and Goat Cheese Chicken- Chicken breast, spinach, tomatoes, white wine, lemon butter and goat cheese. (270 cal.) \$10.75

Oyster Stew- Onions, oysters, cream, Worcestershire sauce, tabasco sauce, parsley and spices. (380 cal.) \$13.50

Maple Bourbon Pork Chop- Grilled pork chop topped with a maple bourbon bacon jam and goat cheese. (460 cal.) \$8.00

On Wednesday, September 24th Please See Southern Comfort Menu for Specials

Only Available for Carryout and after 4pm

Chesapeake- No DELIVERY OFFERED

Filet Mignon -6oz Certified Angus Beef Filet lightly seasoned then chargrilled over an open flame. \$24.00 (320 cal.)

Chicken Croquette Breaded patty of chicken, minced vegetables, herbs and spices. Served with gravy. \$15.00 (290 cal.)

Cubano Sliced ham, braised pork, Swiss cheese, pickles, and yellow mustard on a sub roll. \$12.00 (700 cal.)

On Wednesday, September 24th Please See Southern Comfort Menu for Specials

Gluten Free Bread and Buns Available Upon Request

Available at all restaurants

Fruit Special of the Week: Whole Apple



New for September



Healthier Choice



Vegetarian

(under 460 mg sodium, 4 g

saturated fat, 10 g added sugar)

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

Terrace Café Specials

9/22-9/27

Soup of the Week

Mushroom Barley Soup★ Mushroom, celery, carrots, onion, herbs in a vegetable broth with barley. \$2.75 (45 cal.)

Monday 9/22

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

Pot Roast w/ Gravy-Slow braised beef with celery, onions, carrots and tomatoes in a rich burgundy broth. \$8.00 (400 cal.)

Bay Style Tilapia -Old Bay seasoned tilapia filet, sautéed and topped with lemon herb compound butter. \$8.00 (250 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.)

Broccoli & Cauliflower (35 cal.)

Braised Fennel (80 cal.)

Buttered Corn (110 cal.)

Basmati Rice (140 cal.)

Tuesday 9/23

Tuscan Farro Soup- Italian sausage, farro, escarole, carrots, celery, onions and herbs in chicken broth. \$2.75 (100 cal.)

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

Blackened Catfish - 🍏 Pan seared Cajun spiced catfish filet. \$8.00 (210 cal.)

Available after 4PM

Roasted Pork Loin - 🍏 Lemon and fresh herb marinated. \$8.00 (180 cal.)
w/ Mushroom Cream Sauce (270 cal.)

Steamed Green Beans (35 cal.)

Sauerkraut (30 cal.)

Cornbread Stuffing (120 cal.)

Sour Cream & Chive Mashed Potatoes (140 cal.)

Wednesday 9/24

Southern Comfort Day

Sweet Potato Bisque- \$2.75 (310 cal.)

Southern Fried Chicken-Bone in chicken pieces, breaded and fried to golden brown perfection. Served with biscuits, and house made honey butter spread. \$8.00

Blackened Tofu w/ Cheesy Grits - An updated take on a southern classic. Blackened cubes of tofu served over cheesy grits. \$8.00

Available after 4PM

Mississippi Pot Roast -Tender chunks of beef, slow braised with tangy pepperoncini in a rich gravy. \$8.00

Green Bean Casserole (80 cal.)

Fried Cabbage w\ Bacon & Potatoes

Home Style Mac & Cheese

Winston Salem Black Eyed Peas

Thursday 9/25

Meatball Soup- Meatballs, vegetables, fresh herbs and pasta in tomato and beef broth. \$2.75 (60 cal.)

Cod Cake-Cod, potato, breadcrumbs, lemon, capers, onions and mayonnaise, served with remoulade sauce. \$8.00 (390 cal.)

Kung Pao Chicken-Tempura fried chicken breast, spicy kung pao sauce, sesame seeds, peppers and peanuts. \$8.00 (460 cal.)

Available after 4PM

Spaghetti w/ Meat Sauce - Beef, wine tomato and fresh herbs w/ spaghetti. \$8.00 (275 cal.)

Southern Style Green Beans (80 cal.)

Sautéed Broccoli (40 cal.)

Succotash (100 cal.)

Roasted Yukon Gold Potatoes (100 cal.)

Friday 9/26

Pumpkin Chili- \$2.75 (270 cal.)

Beef Stroganoff-Seared tenderloin tips, mushrooms, demi glaze -finished with sour cream over egg noodles. \$8.00 (400 cal.)

Cajun Shrimp & Sausage Grits- Shrimp, Andouille sausage, peppers, onion, over cheesy grits. \$8.00 (310 cal.)

Available after 4PM

BBQ Pulled Pork Sandwich -Barbeque pork shoulder topped with Carolina coleslaw and shaved red onion on a toasted brioche bun. \$8.00 (630 cal.)

Steamed Vegetable Medley (35 cal.)

Broccoli w/ Lemon & Garlic (50 cal.)

Macaroni & Cheese (230 cal.)

Mashed Red Bliss Potatoes (140 cal.)

Saturday 9/27

Creamy Chicken & Wild Rice Soup- Chicken, wild rice, carrots, celery, onions and fresh herbs in a poultry cream broth. \$2.75 (250 cal.)

Sweet & Sour Pork- Pork, onion, peppers, pineapple, sweet and sour sauce over jasmine rice. \$8.00 (390 cal.)

Pesto Haddock- Seared filet of haddock topped with basil pesto and blistered tomatoes. \$8.00 (360 cal.)

Available after 4PM

Chicken Pancit Bihon- Filipino Stir Fry Noodles. \$8.00 (130 cal.)

Sautéed Yellow Squash (20 cal.)

Peas & Pearl Onions (100 cal.)

Cajun Corn (140 cal.)

Spanish Rice (180 cal.)

Fruit Special of the Week: Whole Apple



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Shortline Specials & Delivery

9/22 – 9/27

Soup of the Week

White Chicken Chili

Chicken, onions and peppers, chicken broth, tortilla, corn, sour cream and lime. (190 cal.) \$2.75

Monday 9/22

Vegetable Minestrone Carrot, celery, onion, tomato, cabbage, fresh herbs, kidney beans, parmesan cheese and Ditalini pasta in tomato and vegetable broth. \$2.75 (70 cal.)

King Ranch Chicken Casserole Corn tortillas layered with, chicken, mushrooms, onions and peppers in a creamy tomato sauce. (580 cal.) \$8.00

Blackened Catfish 🍷 Pan seared Cajun spiced catfish filet. \$8.00 (210 cal.)

Available At 4pm

Beef Country Fried Steak Beef sirloin batter fried and smothered in country style white gravy. (520 cal.) \$8.00

Sweet Potato Au Gratin (180 cal.)

Sautéed Escarole Fennel (35 cal.)

Tuesday 9/23

Beef Barley Soup Diced beef, celery, carrots, onion, herbs in beef broth with barley. (90 cal.) \$2.75

Penne Pasta w/ Broccoli 🌿 Sautéed broccoli with garlic, white wine, lemon, oregano, butter and parmesan cheese. (400 cal.) \$8.00

Jambalaya Chicken, sausage, shrimp, rice, okra, butter and spice. (310 cal.) \$8.00

Available At 4pm

Carved Ham with Honey Dijon Sauce Carved Applewood smoked ham, drizzled with house made honey Dijon sauce. (520 cal.) \$8.00

Sour Cream & Chives Mashed Potatoes (140 cal.)

Steamed Broccoli (40 cal.)

Wednesday 9/24

Southern Comfort Day

Sweet Potato Bisque Carrots, celery, onions, roasted chicken and egg noodles in chicken broth. \$2.75 (310 cal.)

Blackened Tofu w/ Cheesy Grits An updated take on a southern classic. Blackened cubes of tofu served over cheesy grits. \$12.00

Southern Fried Chicken w/ Honey Butter Biscuit Bone in chicken pieces, breaded and fried to golden brown perfection. Served with biscuits, and house made honey butter spread. \$13.95

Available At 4pm

Mississippi Pot Roast Tender chunks of beef, slow braised with tangy pepperoncini in a rich gravy. \$14.00

Braised Collard Greens (30 cal.)

Black-Eyed Peas (210 cal.)

Thursday 9/25

Vegetarian Pasta Fagioli Cannellini beans, tomatoes, carrots, celery and onions cooked in vegetable broth with Ditalini pasta. (90 cal.) \$2.75

Rigatoni Eggplant Norma 🌿 Eggplant, garlic, tomato, rigatoni pasta, ricotta, parmesan and mozzarella cheeses. (400 cal.) \$8.00

Flounder Florentine Floured and pan seared flounder in a garlic, spinach, white wine, lemon cream sauce. (250 cal.) \$8.00

Available At 4pm

Lasagna w/ Garlic Bread Pasta layered with parmesan, mozzarella, ricotta, and our savory meat sauce. (590 cal.) \$8.00

Roasted Potatoes (100 cal.)

Steamed Carrots (45 cal.)

Friday 9/26

Meatball Soup Meatballs, vegetables, fresh herbs and pasta in tomato and beef broth. (60 cal.) \$2.75

Three Sister Stew 🍷 🌿 Carrot, celery, onions, peppers, squash, corn and beans in a tomato and vegetable broth. (130 cal.) \$8.00

Sausage & Peppers Sautéed sweet Italian sausage with garlic, onions, green and red peppers. \$8.00 (340 cal.)

Available At 4pm

Sweet & Sour Shrimp Fried shrimp, flour, egg, peppers, pineapple-ginger sauce. Served over white rice. (930 cal.) \$8.00

Sautéed Swiss Chard (30 cal.)

Basmati Rice w/ Lemon Dill (170 cal.)

Saturday 9/27

Italian Bread Soup Onions, tomato, basil and garlic in chicken broth with Italian bread. \$2.75 (120 cal.)

Manicotti w/ Garlic Bread 🌿 Pasta stuffed with ricotta and topped with our marinara, mozzarella and parmesan then oven baked to finish. (600 cal.) \$8.00

Chicken Alexander Pan seared chicken breast, finished with a brandy apricot cream sauce. (410 cal.) \$8.00

Maple Bourbon Pork Chop Grilled pork chop topped with a maple bourbon bacon jam and goat cheese. (460 cal.) \$8.00

Vegetable Medley (35 cal.)

Cheese Risotto (250 cal.)

Fruit Special of the Week: Whole Apple



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