


Weekly Specials

9/29-10/4

*****Full Static Menu Always Available*****

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

Atrium

Red Lentil Dahl-  Lentils, vegetable broth, coconut milk, garam masala, ginger, lemon juice and cilantro. (240 cal.) \$12.00

Honey Walnut Shrimp- Pan fried shrimp tossed in a honey aioli sauce, garnished with candied walnuts. (500 cal.) \$10.00

Salmon Burger- Sautéed salmon cake served on a toasted brioche bun with remoulade sauce, shredded lettuce, sliced tomato and red onion. (880 cal.) \$12.00

Fireside

Butternut Squash Ravioli with Sage- Butternut squash ravioli tossed finished in a brown butter-sage cream sauce. (580 cal.) \$11.00

Bay Style Tilapia- Old Bay seasoned tilapia filet, sautéed and topped with lemon herb compound butter. (255 cal.) \$9.00

Beef Chili- Beef, onions and peppers cooked in tomato and beef broth. (350 cal.) Served with corn muffin. (470 cal.) \$8.50

Chesapeake- No DELIVERY OFFERED

Tortellini w/ Pumpkin Sage - Cheese filled tortellini simmered in a pumpkin-sage cream sauce then finished with parmesan. \$12.00 (460 cal.)

Spicy Bison Burger Seared Bison burger, pepper jack cheese, sautéed jalapeno peppers and chipotle mayonnaise on a toasted brioche bun. \$15.00 (830 cal.)

Wedge Salad -Diced bacon, tomatoes, scallions and bleu cheese over a wedge of lettuce and dressed with bleu cheese dressing. \$15.00 (390 cal.)

Gluten Free Bread and Buns Available Upon Request
Available at all restaurants

Fruit Special of the Week: Whole Orange



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.

Shortline Specials & Delivery

9/29 – 10/4

Soup of the Week

Italian Bread Soup

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

Monday 9/29

Chicken & Rice Soup Roasted chicken, carrots, celery, onions and fresh herbs in a poultry broth with rice. \$2.75 (80 cal.)

Gemelli w/ Italian Sausage Italian sausage, gemelli pasta, sundried tomato pesto, basil, parmesan cheese and cream. (740 cal.) \$8.00
Fried Shrimp Lightly battered. \$8.00 (420 cal.)
Chicken & Dumplings Chicken breast braised in a savory cream sauce served with traditional sour cream dumplings. (610 cal.) \$8.00

Roasted Potatoes (120 cal.)

Steamed Broccoli (40 cal.)

Tuesday 9/30

Tuscan White Bean Soup White beans, kale, carrots, celery and onions cooked in chicken broth. (60 cal.) \$2.75

Kung Pao Cauliflower 🌿 Tempura fried cauliflower in a spicy kung pao sauce with sesame, peppers and peanuts. (280 cal.) \$8.00

Chicken Lo Mein 🍎 Chicken breast, mixed vegetables, ginger, garlic and sesame oil, with lo mein noodles. (490 cal.) \$8.00

Pork Cutlet Mushroom Sauce 🍎 Garlic, thyme, rosemary, and lemon marinated pork loin cooked with mushrooms in a brandied sauce espagnole. (300 cal.) \$8.00

Buttered Corn (110 cal.)

Balsamic Beets (70 cal.)

Wednesday 10/1

Mulligatawny Soup Roasted chicken, curry, clove, tomato, celery, onion, sliced apple, with rice in chicken stock and milk. (170 cal.) \$2.75

Linguine with Meat Sauce 🍎 Linguine pasta tossed tomato meat sauce then finished with parmesan cheese. (350 cal.) \$8.00
Garlic Bread (170 cal.)

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

Available At 4pm

Shrimp Scampi 🍎 Sautéed shrimp tossed with linguine pasta then finished with white wine, lemon, and garlic. \$8.00 (430 cal.)

White Rice (140 cal.)

Seasoned Cauliflower & Broccoli (35 cal.)

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Vegetarian

Thursday 10/2

Split Pea & Ham Soup Split peas, carrots, celery and onion, smoked ham and chicken stock. \$2.75 (110 cal.)

BBQ Salisbury Steak Herb and onion seasoned ground beef patty, served with BBQ Sauce and frizzled onions. (370 cal.) \$8.00

Served with Cornbread Slice (260 cal.)

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

Available At 4pm

Roasted Turkey 🍎 Oven roasted - Savory thyme and sage turkey with gravy. (190 cal.) \$8.00
Served with Stuffing (260 cal.) & Cranberry Sauce (90 cal.)

Green Bean Casserole (80 cal.)

Mashed Potatoes (150 cal.)

Friday 10/3

Carrot Ginger Soup Carrots, celery, onions, potatoes, sour cream, honey and ginger. (120 cal.) \$2.75

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

Eggplant Parmesan 🌿 Breaded and fried eggplant, topped with tomato sauce and mozzarella cheese, served with linguine pasta. (580 cal.) \$8.00

Available At 4pm

Western Omelet 🌿 With green pepper, onion, ham and cheddar cheese. (230 cal.) \$8.00

Succotash (100 cal.)

Italian Vegetable Medley (35 cal.)

Saturday 10/4

Garden Vegetable Soup Green beans, carrot, celery, onion, cabbage, corn, tomato, peas and fresh herbs in a vegetable broth. (70 cal.) \$2.75

Fettuccini Alfredo w/ Chicken Cream, garlic, parmesan and butter tossed with fettuccini pasta. (620 cal.), Grilled Chicken (220 cal.) \$8.00

Sloppy Joe Sautéed beef, peppers and onions in a tangy tomato sauce, served on a toasted brioche bun. (450 cal.) \$8.00

Curried Vegetable Stew 🍎🌿 Broccoli, cauliflower, roasted peppers, carrots, potatoes, onions, garlic, tomatoes and garbanzo beans in a curry sauce, served over Jasmine rice. (230 cal.) \$8.00

Basmati Rice (140 cal.)

Dill Carrots (70 cal.)

Fruit Special of the Week: Whole Orange

Terrace Café Specials

9/29-10/4

Soup of the Week

Tomato Basil Soup-★ Tomato, garlic, onion and fresh herbs in a vegetable broth. \$2.75 (40 cal.)

Monday 9/29

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

Sweet & Sour Chicken- Tempura battered white meat chicken fried then tossed with sautéed peppers and our sweet and sour pineapple-ginger sauce. Served over white rice. \$8.00 (460 cal.)

Orecchiette w/ Sausage & Broccoli Rabe - Sausage, broccoli rabe, cannellini beans, butter, wine and parmesan. \$8.00 (630 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.)

Sautéed Yellow Squash (20 cal.)

Roasted Beets (50 cal.)

Mashed Potatoes (140 cal.)

White Rice (140 cal.)

Tuesday 9/30

Lentil & Lamb Soup- Lamb, celery, onion, carrot, garbanzo beans and lentils in chicken broth. \$2.75 (110 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/ Apple Fig Sauce (60 cal.)

Sautéed Green Beans w\ Onions (45 cal.)

Sauerkraut (30 cal.)

Cranberry Stuffing (300 cal.)

Red Bliss Mashed Potatoes (140 cal.)

Wednesday 10/1

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

Spinach Stuffed Shells-🌿 House stuffed pasta shells with spinach, ricotta, mozzarella, egg and seasoning topped with tomato cream sauce. \$8.00 (680 cal.)

Pecan Crusted Chicken -Pecans, breadcrumbs, mustard, white wine and butter. \$8.00 (560 cal.)

Available after 4PM

Beef Brisket Barbacoa -Smoked Mexican spiced pulled beef brisket. \$8.00 (420 cal.)

Steamed Green Beans (35 cal.)

Roasted Brussel Sprouts w/ Onions (50 cal.)

Roasted Butternut Squash (120 cal.)

Rosemary Mashed Potatoes (140 cal.)

Thursday 10/2

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

New England Cod-Cod, ritz crackers, panko breadcrumbs, white wine, butter and seasonings. \$8.00 (540 cal.)

Green Chili Chicken-🍏 Chicken breast topped with cheddar cheese and a citrus, sour cream, green chili sauce - Served with cilantro, pico de gallo salsa and a wedge of lime. \$8.00 (310 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.)

Peas & Pearl Onions (100 cal.)

Creamed Spinach (50 cal.)

Jasmine Rice (130 cal.)

Baked Potato (220 cal.)

Friday 10/3

Chicken Mushroom Barley Soup- Chicken, mushroom, celery, carrots, onion, herbs in a chicken broth with barley. \$2.75 (80 cal.)

Vegetable Lo Mein-🌿 Lo Mein egg noodles tossed with mixed vegetables, ginger, garlic, soy sauce, sesame oil and brown sugar. \$8.00 (290 cal.)

Chicken w/ Artichokes- Floured then sautéed chicken breast finished with artichokes, mushrooms, tomatoes and a white wine pan sauce. \$8.00 (320 cal.)

Available after 4PM

BBQ Pulled Chicken -🍏 Braised chicken breast with a sweet and tangy BBQ sauce. \$8.00 (150 cal.)

Steamed Broccoli (40 cal.)

Green Beans Almandine (90 cal.)

Vegetarian Grits (160 cal.)

Hush Puppies (210 cal.)

Saturday 10/4

Italian Wedding Soup-Carrots, celery, onion, garlic, fresh herbs and seasoning with meatballs and pasta in chicken broth. \$2.75 (50 cal.)

Hearts of Palm “Crab Cake”- 🌿 Hearts of palm cake with vegan remoulade. \$8.00 (180 cal.)

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

Available after 4PM

Italian Stuffed Meatloaf- Beef and pork meatball mix stuffed with spinach, prosciutto ham, fresh mozzarella and tomato sauce. \$8.00 (370 cal.)

Parmesan Garlic Carrots (170 cal.)

Blistered Cherry Tomatoes (30 cal.)

Red Bliss Mashed Potatoes (140 cal.)

Confetti Rice (50 cal.)

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