

Chesapeake

October 13th – November 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 (10 cal.)

Caesar Salad – Chopped romaine, parmesan cheese and house made croutons, tossed in 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 (250 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

Union Square Salad ★ Oranges, dried cranberries, goat cheese and candied pecans over a bed of mixed greens. Tossed with choice of dressing. (420 cal.) \$12.00

Blackened Salmon Tacos ★ Two blackened salmon tacos, topped with mango slaw, guacamole and cilantro sour cream served in warm corn tortillas. \$10.00 (360 cal.)

Western Bison Burger ★ Seared Bison burger, sautéed onions, A1 steak sauce and cheddar cheese on a toasted brioche bun. \$10.00 (690 cal.)

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 October



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

Chicken Piccata ★ 🍏 Floured then sautéed chicken breast finished with white wine, lemon, capers and butter. (300 cal.) \$15.00

Vegetable Kabob ★ 🍏 🥬 Skewer of mushroom, zucchini, yellow squash, peppers, onions and balsamic glaze. \$15.00 (100 cal.)

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

Green Chili Smothered 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. \$12.00 (310 cal.)

Pasta

Capellini w/ Marinara ★ 🥬 Classic thin style capellini pasta tossed in a traditional marinara sauce. \$12.00 (240 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

Shrimp Scampi Over Linguine ★ Sautéed chicken breast, garlic, shallots, portabella, shitake and crimini mushrooms, tossed with olive oil rosemary, parmesan cheese and linguine. (430 cal.) \$12.00 (No Protein substitution for this entrée)

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

Gluten Friendly Pasta Available

Sea

Parmesan Cod ★ 🍏 Pan fried, parmesan, lemon, garlic and breadcrumb crusted cod. (500 cal.) \$15.00

Dijon Glazed Shrimp ★ 🍏 Sautéed shrimp simmered in a honey-dijon sauce with green onion and tarragon. (320 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

Italian Stuffed Meatloaf ★ Beef and pork meatball mix stuffed with spinach, prosciutto ham, fresh mozzarella and tomato sauce. \$12.00 (370 cal.)

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

Corn Flake Crusted Chicken ★ Buttermilk marinated chicken breast tossed in corn flakes then fried and served with our dijon cream sauce. (570 cal.) \$12.00

Rigatoni Alla Salsiccia ★ 🍎 Rigatoni pasta, sausage, mushroom, red wine, herbs. (380 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.)

Smoked Brisket ★ Rubbed with our house BBQ seasoning, slowly smoked then carved to order. \$12.00 (500 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.)
Mashed Potatoes (140 cal.)
French Fries (350 cal.)
Sautéed Apples (150 cal.)
Macaroni & Cheese (230 cal.)

Collard Greens (30 cal.)
Steamed Broccoli (40 cal.)
Sweet Chili Brussels Sprouts (90 cal.)
Roasted Parsnips (170 cal.)
Ratatouille (30 cal.)
Mixed Fruit (40 cal.)

**Available Plain:*

Brussels Sprouts, Parsnips & Broccoli