

Chesapeake & Shortline

Sunday Brunch 10/19

SOUPS & SALADS

Soup of the Day- \$2.75

Plain Grits-(130 cal.) \$3.00

Old Fashioned Oats- (110 cal.) \$3.00

Carrot & Raisin Salad ★ Shredded carrots and raisins tossed in a sweet and tangy dressing. (210 cal.) \$2.75

House Salad -Mixed greens, carrots, tomatoes and cucumber. (10 cal.) \$2.75

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

Mixed Fruit- Mixed seasonal fresh fruits and berries. (40 cal.) \$2.75

Bread of the DAY

Special Bread: Assorted Muffins ★ \$3.25

Biscuits (250 cal.) \$1.75

BUFFET

Creamed Chipped Beef Over Biscuit (150 cal.)

Scrambled Eggs-(200 cal.) \$2.00

Bacon (110 cal.) \$1.75

Turkey Bacon Available upon request only. (50 cal.)

Sausage Link- Roasted pork sausage links. (230 cal.) \$1.75

Turkey Sausage available upon request only. (140 cal.)

Home Fries Diced potato, green and red pepper, onion, garlic, seasoning. (100 cal.) \$1.75

Scrapple- (130 cal.) \$2.75

Meatloaf ★ With diced peppers, onion, ketchup, mustard, herbs and spices - with gravy. (460 cal.) \$8.00

Chicken & Dumplings ★ Chicken breast braised in a savory cream sauce served with traditional sour cream dumplings. (610 cal.) \$8.00

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

Stewed Tomatoes ★ (30 cal.) \$1.75

Cauliflower Au Gratin ★ (100 cal.) \$1.75

Peas ★ (140 cal.) \$1.75

Chive Mashed Potatoes ★ (140 cal.) \$1.75 **Demi Glace** (20 cal.)

From the Griddle

Grill specials come with home fries, choice of bacon or turkey bacon (50 cal.), or turkey sausage (140 cal.) or pork sausage and toast

White, Wheat, or English Muffin toast available

GF Toast available upon request.

Eggs Benedict ★ Toasted English muffins topped with Canadian bacon, poached eggs and classic Hollandaise sauce. \$10.00 (960 cal.)

Breakfast Special - Two pancakes (240 cal.), Home Fries (100 cal.) Scrambled eggs (200 cal.), Suggested choice of protein: Sausage (230 cal.), Bacon (110 cal.), \$12.00 (Turkey Sausage **or** Turkey Bacon available upon request)

Build Your Own Omelet (70 cal.) \$8.00

Toppings : Cheddar Cheese (110 cal.) Spinach (15 cal.)

Mushrooms (5 cal.) Ham (45 cal.) Onion (5 cal.) Green Peppers (5 cal.)

Plain Grilled Salmon (240 cal.) **add Bourbon Sauce** (60 cal.) \$9.00

Plain Grilled Chicken (220 cal.) **add Bourbon Sauce** (60 cal.) \$8.00

Desserts

Daily Desserts

Yogurt Parfait ★ (120 cal.) \$3.25

Healthier Choice

★ New for Week

🍏 (under 460 mg sodium, 4 g | 🌿 Vegetarian
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.