Chesapeake & Shortline Sunday Brunch 11/2

SOUPS & SALADS

Soup of the Day- \$2.75 **Plain Grits**-(130 cal.) \$3.00

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

Roasted Sweet Potato Salad ★ Yams, honey, mustard, mayonnaise, peppers, onion, celery and bacon. (250 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: Marble Loaf Slice ★\$3.25 Biscuits (250 cal.) \$ 1.75

BUFFET \$25.00

Apple Stuffed Pancakes \uparrow (180 cal.) \$8.00

Scrambled Eggs-(200 cal.) \$2.00

Bacon-(110 cal.) \$1.75

Turkey Bacon Available upon request only.

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

Turkey Sausage available upon request only.

Home Fries- Diced potato, green and red pepper, onion, garlic, seasoning.

(100 cal.) \$1.75

Scrapple- (130 cal.) \$2.75

Ravioli & Meat Sauce ★ Cheese stuffed ravioli tossed in our marinara sauce then finished with parmesan cheese. Beef, wine tomato and fresh herbs. (400 cal.) \$10.95

Chicken w/ Artichokes & Mushrooms ★ Floured then sautéed chicken breast finished with artichokes, mushrooms, tomatoes and a white wine pan sauce. (320 cal.) \$12.00

Vegetable Stew★ Ø Potatoes, carrots, celery, mushrooms and peas in a robust vegetable broth. (150 cal.) Suggested over Basmati Rice w/ Lentil. (290 cal.) \$10.00

Green Beans ★ (40 cal.) \$1.75 Sautéed Cabbage ★ (40 cal.) \$1.75 Basmati Rice w/ Lentil ★ (190 cal.) \$1.75 Lyonnaise Potatoes ★ (130 cal.) \$1.75

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. <u>GF</u> Toast available upon request.

Sausage & Bacon Breakfast Burrito- Egg, sausage, bacon, peppers, onions and cheese in a tortilla wrap. (650 cal.) \$10.00 (Ingredients already mixed.)

Breakfast Special- Two pancakes (240 cal.), Home Fries (170 cal.),

Scrambled Eggs (200 cal.), Suggested choice of Protein: Sausage (230 cal.),

Bacon (110 cal.), \$12.00

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

<u>Desserts</u> Daily Desserts

Assorted Donuts \star (240 cal.) \$3.25

New for Week

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