

Terrace Café Specials

11/10-11/15

Soup of the Week

Roasted Garlic & Cauliflower Soup-  Roasted Cauliflower and garlic pureed in a creamy vegetable broth \$2.75 (170 cal.)

Monday 11/10

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

Korean Beef Bulgogi- Thinly sliced beef marinated in ginger, garlic, soy and apples seared and served over a bed of jasmine rice \$8.00 (490 cal.)

Tilapia w/ Shrimp Sauce - Pan seared tilapia and shrimp with a white wine, sherry cream sauce \$8.00 (630 cal.)

Oven Roasted Chicken - Savory herb marinated bone-in leg and thigh of chicken- slowly roasted until golden brown.\$8.00 (400 cal.)

Sauteed Spinach & Mushrooms (40 cal.)

Steamed Cauliflower (25 cal.)

Roasted Potatoes (125 cal.)

White Rice (140 cal.)

Tuesday 11/11- VETERANS DAY!!

Shrimp Bisque- \$2.75 (200 cal.)

Crab Cake \$15.00 (150 cal.)

Coffee Crusted Ribeye w/ Raspberry Merlot Reduction- \$13.75 (680 cal.)

Chicken Marsala -\$10.50 (300 cal.)

Eggplant Parmesan -\$10.50 (580 cal.)

Baked Potato (220 cal.)

Broccoli au Gratin (110 cal.)

Green beans w/ Onions (45 cal.)

Jasmine Rice (145 cal.)

Wednesday 11/12

Turkey Rice Soup- Roasted turkey, carrots, celery, onions and fresh herbs in a poultry broth \$2.75 (75 cal)

Chicken w/ Port Wine Demi- Bone in roasted chicken breast, port wine, herbs and demi glace \$8.00 (540 cal)

Cod Dijonnaise - Baked Cod brushed with a creamy horseradish dijonnaise and topped with breadcrumbs and parmesan cheese \$8.00 (325 cal)

Smoked Brisket- Rubbed with our house BBQ seasoning, slowly smoked then carved\$8.00 (500 cal)

Steamed Lima Beans (120 cal)

Cauliflower Rice (30 cal)

Brown Rice (180 cal)

Roasted Butternut Squash (120 cal)

Thursday 11/13

New England Clam Chowder- Chopped clams, bacon, vegetables, potatoes, garlic and fresh herbs in seafood milk broth \$2.75 (300 cal.)

Miso Glazed Cod- Cod glazed with miso, mirin, sake and sugar \$8.00 (190 cal.)

Jambalaya- Chicken, Sausage, Shrimp, rice, okra, butter and spice \$8.00 (320 cal.)

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

Steamed Spinach (25 cal.)

Green beans w/ Onions (45 cal.)

Basmati Rice (145 cal.)

Roasted Yukon Potatoes (90 cal.)

Friday 11/14

French Onion Soup- Caramelized onions, sherry and beef broth, topped with a crostini of gruyere and Swiss cheese \$8.00 (260 cal.)

Beef Stew- Tender cuts of beef sirloin braised in a rich sauce with red wine, carrots, celery, onions, potatoes then served over egg noodles \$8.00 (500 cal.)

Shrimp & Grits- Cajun spiced shrimp sautéed with peppers, onions, garlic, tomato and white wine, served over a bed of cheesy grits\$8.00 (280 cal.)

Pulled BBQ Pork Sandwich- Barbeque pork shoulder topped with Carolina coleslaw and shaved red onion on a toasted brioche bun \$8.00 (635 cal.)

Steamed Broccoli (40 cal.)

Harvard Beets (110 cal.)

Egg Noodles (150 cal.)

Roasted Gold Potatoes (210 cal.)

Saturday 11/15

Thai Curry & Shrimp Soup- Shrimp, yellow curry, vegetables and rice \$2.75 (130 cal.)

Mongolian Beef Stir Fry- Strips of beef, green onions, garlic, ginger, soy sauce and brown sugar over rice \$8.00 (420 cal.)

Kielbasa w/ Sauerkraut- Smoked Pork Kielbasa served over braised sauerkraut \$8.00 (460 cal.)

Tuna Noodle Casserole- Tuna, mushroom, peas, cream, cheese, egg noodle, butter bread crumb \$8.00 (470 cal.)

Orange Ginger Carrots (100 cal.)

Green Beans w/ Tomatoes (30 cal.)

Basmati Rice (145 cal.)

Cheesy Baked Corn (160 cal.)

Fruit Special of the Week:
Apple

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



New for September



Healthier Choice



Vegetarian

(under 460 mg sodium, 4 g

saturated fat, 10 g added sugar)