

Terrace Café Specials

11/3-11/8

Soup of the Week

Cream of Parsnip Soup- 🌿 Onion, parsnip, celery, garlic, cream, butter, flour \$2.75 (190 cal.)

Monday 11/3

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

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

Pesto Haddock - Seared filet of haddock topped with basil pesto and blistered tomatoes. \$8.00 (360 cal.)

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

Sauteed Yellow Squash (20 cal.)

Balsamic Roasted Beets (75 cal.)

Mashed Potatoes (140 cal.)

White Rice (140 cal.)

Tuesday 11/4

Lamb & Lentil 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.)

Plant Based Steak Grillades w/ Grits - 🌿 Cajun seasoned plant based steak in a creole style sauce over cheesy grits \$8.00 (430 cal.)

Roasted Pork Loin -Lemon and fresh herb marinated \$8.00 (180 cal.) w/ Cranberry Fig Sauce (90 cal)

Green Beans w/ Onions (45 cal.)

Sauerkraut (30 cal.)

Cranberry Stuffing (300 cal.)

Roasted Sweet Potatoes (180 cal.)

Wednesday 11/5 Greek Night

Greek Lemon Chicken Soup- Carrots, celery, onions, roasted turkey and egg noodles in chicken broth \$2.75 (80 cal)

Vegetarian Moussaka- 🌿 🍏 Lentil, eggplant, spices and béchamel \$8.00 (230 cal)

Lamb Gyro - Sautéed beef and lamb topped with onions, tomatoes, lettuce, feta cheese, olives and a yogurt cucumber sauce. Served on warm pita bread. \$8.00

Chicken Thigh Souvlaki- Marinated Grille chicken thigh chunks topped with onions, tomatoes, lettuce, feta cheese, olives and a yogurt cucumber sauce. Served on warm pita bread. \$8.00

Briam (Greek Roasted Veggies & Potatoes

Fasolakia (Greek Green Beans w/ Tomatoes

Lemon Dill Basmati Rice (170 cal)

Steamed Carrots (45 cal)

Thursday 11/6

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

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

Spaghetti & Meat Sauce - Spaghetti with Beef, wine tomato and fresh herbs \$8.00 (275 cal.)

Peas & Pearl Onions (100 cal.)

Creamed Spinach (50 cal.)

Jasmine Rice (130 cal.)

Baked Potatoes (220 cal.)

Friday 11/7

Chicken, Mushroom & Barley Soup- Chicken, Mushroom, celery, carrots, onion, herbs in a chicken broth with barley \$8.00 (80 cal.)

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

Pulled BBQ 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.)

Hushpuppies (210 cal.)

Saturday 11/8

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 Cakes”- 🌿 Hearts of palm cake with vegan remoulade . \$8.00 (185 cal.)

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

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.)

Confetti Rice (50 cal.)

Red Bliss Mashed Potatoes (140 cal.)

Fruit Special of the Week: Clementine

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



Vegetarian