# Chesapeake

## October 13<sup>th</sup> - November 8<sup>th</sup>

### 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** X 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** Coranges, 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**  $\uparrow$  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

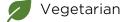
Balsamic Vinaigrette (60 cal.) - Blue Cheese (140 cal.) - Caesar (170 cal.) - French (130 cal.) - Honey Dijon (130 cal.) - Italian (100 cal.) - Ranch (110 cal.) - Raspberry Vinaigrette (30 cal.)



New for October



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



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#### Healthier Choice

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

**Vegetable Kabob**  $\not\leftarrow$  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**  $\star$  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  $\nearrow$  Buttermilk marinated chicken breast tossed in corn flakes then fried and served with our dijon cream sauce. (570 cal.) \$12.00

**Rigatoni Alla Salisiccia** ★ **\*** Rigatoni pasta, sausage, mushroom, red wine, herbs, (380 cal.) \$12.00

**Grilled Bourbon Pecan Chicken** Grilled chicken, bourbon, honey, pecans and butter. \$12.00 (460 cal.)

Pork Cutlet w/ Sauerkraut Posemary, 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 (250 cal.)

Grilled Chicken Herb marinated chicken breast grilled over an open flame.

\$12.00 (190 cal.)

### Sides

Baked Potato (220 cal.)
Mashed Potatoes (100 cal.)
French Fries (350 cal.)
Sauteed Apples (150 cal.)
Macaroni & Cheese (230 cal.)

Broccoli Au Gratin (110 cal.) (40 cal.) Braised red cabbage (25 cal.) Roasted Acorn Squash (60 cal.) Peas & Carrots (110 cal.) Mixed Fruit (40 cal.)

\*Available Plain: Broccoli, Cabbage, Acorn Squash