

# Café on Main Buffet Menu

## 1/19-1/24

### **Soup of the Week**

**Potato Leek Soup-**  Leeks, potato, garlic, vegetable broth and cream. \$2.75 (145 cal.)

### **Monday 1/19**

**Please see Martin Luther King Jr. Day Menu**

**Buffet Brunch Hours: 11am-2pm**

**All Venues**

### **Tuesday 1/20**

**Italian Bread Soup-** Onions, tomato, basil and garlic in chicken broth with Italian bread. \$2.75 (120 cal.)

**Roasted Turkey Breast Breast-**  \$8.00 (155 cal.)

**Grilled Portabella Caprese -**   Roasted portabella mushroom topped with fresh mozzarella, cherry tomatoes, basil and balsamic glaze. \$8.00 (180 cal.)

**Baked Ziti**  Ziti, cream, tomato sauce, mozzarella and parmesan cheese. \$8.00 (675 cal.)

**Herb Roasted Cod -**  Herb bread crumb crusted cod baked with lemon. \$8.00 (230 cal.)

**Peas & Pearl Onions** (100 cal.)

**Roasted Zucchini** (30 cal.)

**Cornbread Stuffing** (120 cal.)

**Mashed Potatoes** (140 cal.)

### **Wednesday 1/21**

**Creamy Turkey & Wild Rice Soup-** Turkey, wild rice, carrots, celery, onions and fresh herbs in a poultry cream broth. \$8.00 (240 cal.)

**Red Lentil Dahl-**   Lentils, vegetable broth, coconut milk, garam masala, ginger, lemon juice and cilantro. \$8.00 (210 cal.)

**Chicken Fajitas-** Grilled seasoned breast of chicken with peppers, onions and warmed tortillas. Served with sour cream, guacamole and pico de gallo. \$8.00 (525 cal.)

**Pan Seared Trout-**  Seasoned and seared trout. \$8.00 (250 cal.)

**Pernil-** Braised pork shoulder marinated in orange juice, garlic, oregano and cumin. \$8.00 (190 cal.)

**Sautéed Spinach** (40 cal.)

**Steamed Green Beans** (35 cal.)

**Cilantro Lime Rice** (140 cal.)

**Steamed Chive Potato** (130 cal.)

### **Fruit Special of the Week:** **Whole Orange**

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 January



Healthier Choice



Vegetarian

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

### **Thursday 1/22**

**Sweet Potato Bisque-**  Yams, garlic, onion, cream and spices. \$8.00 (310 cal.)

**Three Sisters Stew-**   Carrot, celery, onions, peppers, squash, corn and beans in a tomato and vegetable broth. \$8.00 (130 cal.)

**Oven Roasted Chicken-** Savory herb marinated bone-in chicken, slowly roasted until golden brown. \$8.00 (400 cal.)

**Honey Garlic Salmon-** Salmon with soy, ginger, garlic and honey reduction garnished with sesame seeds. \$8.00 (480 cal.)

**Pot Roast-** Slow braised beef with celery, onions, carrots and tomatoes in a rich burgundy broth. \$8.00 (400 cal.)

**Parmesan Garlic Carrots** (170 cal.)

**Blanched Brussel Sprouts** (40 cal.)

**Ranch Home Fries** (115 cal.)

**Buttered Corn** (110 cal.)

### **Friday 1/23**

**Roasted Butternut Squash Bisque-** Butternut squash, apple, coconut milk, vegetable broth, garlic, nutmeg and cinnamon. \$2.75 (70 cal.)

**Plant Based Steak Carnitas-** Plant based steak, garlic, onion, pepper and spices. \$8.00 (250 cal.)

**Pan Seared Bronzini-** Whole butterflied filet of fresh Bronzini, lightly seasoned and pan seared. \$8.00 (250 cal.)

**Brisket Barbacoa-** Smoked Mexican spiced pulled beef brisket. \$8.00 (420 cal.)

**Cuban Pork Loin -** Pork Loin, citrus, garlic, fresh herbs, ham, Swiss cheese, mustard and pickles. \$8.00 (230 cal.)

**Sautéed Mushrooms** (60 cal.)

**Green Beans w/ Onions** (45 cal.)

**Saffron Rice** (80 cal.)

**Cinnamon Yams** (170 cal.)

### **Saturday 1/24**

**Black Bean Soup -** Black beans, vegetables, sour cream. \$2.75 (130 cal.)

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

**Orange-Sesame Chicken over Rice -** Tempura battered white meat chicken fried then tossed in our sweet and savory orange-sesame glaze. Served over white rice. \$8.00 (660 cal.)

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

**Plant Based Steak Teriyaki Stir Fry -** Pineapple Teriyaki marinated plant-based steak with broccoli, carrots, onions and peppers served over brown rice. \$8.00 (650 cal.)

**Sautéed Snow Peas** (60 cal.)

**Sautéed Lima Beans** (180 cal.)

**Jasmine Rice** (130 cal.)

**Baked Potato** (220 cal.)