

# Café on Main Buffet Menu

## 2/2-2/7

### Soup of the Week

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

### Monday 2/2

**Beef Barley Soup-** Diced beef, celery, carrots, onion, herbs in beef broth with barley. \$8.00 (90 cal.)

**Orecchiette w/ Sausage & Broccoli Rabe-**

Sausage, broccoli rabe, cannellini beans, butter, wine and parmesan. \$8.00 (630 cal.)

**Stuffed Portabella Mushroom-**  Roasted portabella mushroom, stuffed with sautéed peppers, onions, squash, zucchini, fresh herbs, breadcrumbs, and mozzarella cheese. \$8.00 (240 cal.)

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

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

**Balsamic Roasted Beets** (75 cal.)

**Sautéed Yellow Squash** (20 cal.)

**White Rice** (140 cal.)

**Lyonnaise Potatoes** (130 cal.)

### Tuesday 2/3

**\*\*Carrot Cake Available\*\***

**She Crab Soup-** Crab, vegetables, cream, herbs and a touch of hot spice. \$2.75 (220 cal.)

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

**Orange Roughy All' Aqua Pazza -**  Orange Roughy, cherry tomatoes, onion, garlic, red pepper flake, and basil. \$8.00 (130 cal.)

**Plant Based Steak Grillades**  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 Yams** (170 cal.)

### Wednesday 2/4

**Turkey Florentine Soup-** Turkey, celery, onions and spinach in a chicken and cream broth. \$8.00 (290 cal.)

**Eggplant Rollatini-**  Eggplant, ricotta, spinach, parmesan, mozzarella and tomato sauce. \$8.00 (550 cal.)

**Ranch Grilled Chicken-**  Grilled ranch spiced chicken breast with ranch sauce. \$8.00 (220 cal.)

**Roast Beef-** Certified Angus Beef lightly seasoned and roasted. \$8.00 (180 cal.)

w/ Tomato Demi (40 cal.)

**Trout Imperial-** Trout, white wine, crabmeat, mayonnaise, lemon and spices. \$8.00 (580 cal.)

**Roasted Zucchini** (30 cal.)

**Steamed Broccoli** (40 cal.)

**Brown Rice Pilaf** (180 cal.)

**Roasted Fingerling Potatoes** (100 cal.)

### Thursday 2/5

**Tomato Basil Soup-**  Tomato, garlic, onion and fresh herbs in a vegetable broth. \$8.00 (40 cal.)

**Kung Pao Cauliflower-**  Tempura fried cauliflower in a spicy kung pao sauce with sesame, peppers and peanuts. \$8.00 (280 cal.)

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

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

**Roasted Pork Loin-**  Lemon and fresh herb marinated. \$8.00 (180 cal.) w/ Bourbon Sauce (60 cal.)

**Steamed Carrots** (45 cal.)

**Asian Green Beans** (40 cal.)

**Macaroni & Cheese** (230 cal.)

**Basmati Rice** (145 cal.)

### Friday 2/6

**Bison Chili-** Ground Bison, onions, peppers, beef broth, tomato, sour cream, jack and cheddar cheese. \$8.00 (160 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.)

**BBQ Pulled Chicken-** Braised chicken breast with a sweet and tangy BBQ sauce. \$8.00 (150 cal.)

**Spinach & Cheese Knish-**  Spinach, onions, garlic, potato, Swiss cheese and egg baked in a flaky pastry. Served with brown mustard. \$8.00 (400 cal.)

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

**Sautéed Broccoli** (40 cal.)

**Green Beans Almandine** (90 cal.)

**Hush Puppies** (210 cal.)

**Cheesy Grits** (160 cal.)

### Saturday 2/7

**Curried Lentil Soup-**  Celery, onion, carrot, tomato and lentils in vegetable broth with a touch of coconut and curry. \$2.75 (100 cal.)

**Italian Baked Tofu-**  Tofu, herbs, oil & vinegar. \$8.00 (75 cal.)

**Italian Stuffed Meatloaf-** Beef and Pork meatball mix stuffed with spinach, prosciutto ham, fresh mozzarella and tomato sauce. \$8.00 (370 cal.)

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

**MD Crab Cake-** Classic crab cake made with lump crab, mayonnaise, lemon and breadcrumbs sautéed in butter. \$8.00 (280 cal.)

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

**Blistered Cherry Tomatoes** (30 cal.)

**Confetti Rice** (50 cal.)

**Mashed Red Bliss Potatoes** (140 cal.)

### Fruit Special of the Week: Grapes



New for February



Healthier Choice



Vegetarian

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