

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.)

Lyonnais 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

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 February



Healthier Choice



Vegetarian

(under 460 mg sodium, 4 g

saturated fat, 10 g added sugar)