

# Chesapeake

January 12<sup>th</sup> – February 7<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

**Broccoli & Cauliflower Crunch Salad** ★ Broccoli, cauliflower, bacon, red onion, raisins and sunflower seeds tossed in an apple mayonnaise. (190 cal.) \$2.75

**Mixed Fruit** Mixed seasonal fresh fruits and blueberries. \$2.75 (40 cal.)

## Entrée Salads and Handhelds

**Choose One Protein For Your Entrée Salad**

**Salmon (240 cal.) Grilled Shrimp (140 cal.) Grilled Chicken Breast (220 cal.)**

**Tofu (90 cal.)**

**Kale Root Vegetable & Apple Salad** Kale, rutabaga, carrot, apple, green onion with apple dressing. (190 cal.) \$12.00

**Chicken Cobb Salad** ★ Diced grilled chicken, avocado, bacon, egg, tomato, blue cheese, cheddar cheese over crispy romaine lettuce. Served with a dressing of your choice on the side. (440 cal.) \$12.00

**Mushroom & Swiss Burger** Beef burger topped with sautéed mushrooms and Swiss cheese on a toasted brioche bun. \$10.00 (670 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 January |



Healthier Choice

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



Vegetarian

Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.

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## Healthier Choice

**Tex Mex Catfish** ★ 🍏 Catfish, taco seasoning, pico de gallo, guacamole and cilantro sour cream. (260 cal.) \$15.00

**Baked Cod** ★ 🍏 Baked Cod filet. \$15.00 (130 cal.)

**Greek Chicken** ★ 🍏 Herb marinated chicken thigh, tzatziki sauce and garnished with cucumber, onion and tomato relish. \$12.00 (240 cal.)

**Thai Curry Tofu** ★ 🍏 🥬 Grilled chicken breast topped with a port wine, balsamic, bacon and fig reduction with goat cheese. (210 cal.) \$15.00

## Pasta

**Lamb Ragu with Pappardelle** ★ Braised lamb, pappardelle pasta, ricotta and mint pesto. \$12.00 (570 cal.)

**Capellini Marinara** ★ Classic thin style capellini pasta tossed in a traditional marinara sauce. (240 cal.) \$15.00

**Shrimp over Wheat Pasta** Grilled shrimp tossed in a citrus compound butter and creamy sauce, over wheat pasta. (390 cal.) \$15.00

\*Pasta dishes are served with a breadstick\* (170 cal.)

**\*Gluten Friendly Pasta Available\***

## Sea

**Seafood Newburg** ★ Shrimp, scallops, crab, fresh herbs, garlic and shallots in seafood cream sauce. (310 cal.) \$15.00

**Hawaiian Shrimp Kabob** ★ Skewer of Asian marinated grilled shrimp, peppers, pineapple and red onion. \$12.00 (240 cal.)

**Flounder Piccata** Floured flounder, white wine, lemon, capers and butter. (200 cal.) \$15.00

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## Farm

**Aunt Millie's Meatloaf** With diced peppers, onion, ketchup, mustard, herbs and spices - with gravy. 12.00 (460 cal.)

**Braised Denver Steak** ★ Chuck Steak - red wine, espagnole sauce, garlic, herbs and carrots. \$12.00 (250 cal.)

**Chicken Coq Au Vin** Red wine marinated chicken thighs - braised - with pearl onions, mushrooms and bacon. (560 cal.) \$12.00

**Chicken Bacon Fig & Goat Cheese** ★ Grilled chicken breast topped with a port wine, balsamic, bacon and fig reduction with goat cheese. (400 cal.) \$15.00

**Cuban Stuffed Pork Loin** ★ Pork Loin, citrus, garlic, fresh herbs, ham, Swiss cheese, mustard and pickles. (230 cal.) \$12.00

**Carved Ham with Rum Raisin Sauce** Hardwood smoked ham topped with a sweet, tangy orange raisin rum sauce, with clove and cinnamon. (400 cal.) \$15.00

**Grilled Salmon** 🍏 Grilled salmon filet. \$15.00 (240 cal.)

**Grilled Chicken** 🍏 Herb marinated chicken breast grilled over an open flame. \$12.00 (220 cal.)

## Sides

Red Bliss Mashed Potatoes (140 cal.)  
Cranberry Stuffing (300 cal.)  
Sautéed Apples (150 cal.)  
Black Eyed Peas (210 cal.)  
Corn O'Brien (120 cal.)

Asparagus (25 cal.)  
Orange Glazed Beets (90 cal.)  
Lemon Garlic Broccoli (50 cal.)  
Green Beans Almandine (90 cal.)  
Mixed Fruit (40 cal.)

*\*Available Plain:*

Beets, Broccoli, Green Beans