

# Shortline Specials & Delivery

1/19 - 1/24

## Soup of the Week

**Mulligatawny** Roasted chicken, curry, clove, tomato, celery, onion, sliced apple, with rice in chicken stock and milk.  
(170 cal.) \$2.75

## Monday 1/19

(Please See Martin Luther King Jr. Day Menu)  
Brunch Buffet Hours: 11am-2pm  
All Venues

## Tuesday 1/20

**Roasted Corn Soup** Corn, onions, herbs and cream.  
\$2.75 (150 cal.)

**Chicken Marsala** Floured then sautéed chicken breast finished with our marsala wine demi-glace and sautéed mushrooms. (300 cal.) \$8.00

**Pulled Pork** Braised pork shoulder with a sweet and tangy BBQ sauce. (340 cal.) \$8.00

**Available At 4pm**

**Cod Cake** Cod, potato, breadcrumbs, lemon, capers, onions and mayonnaise, served with remoulade sauce. (390 cal.) \$8.00

**Mashed Potatoes** (140 cal.) **Poultry Gravy** (50 cal.)  
**Spinach & Mushrooms** (40 cal.)

## Wednesday 1/21

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

**Honey Ham** Applewood smoked ham baked with a honey glaze. (240 cal.) \$8.00

**New England Baked Haddock** Pan seared haddock topped then finished with a crust of ritz crackers, breadcrumbs, fresh herbs and lemon. (250 cal.) \$8.00

**Available At 4pm**

**Corned Beef & Cabbage** Corned beef brisket braised in carrots, celery, onion and pickling spices, served with braised cabbage. (300 cal.) \$8.00

**Green Bean Casserole** (80 cal.)

**Baked Potato** (80 cal.)

## Thursday 1/22

**Beef Minestrone** Beef, carrot, celery, onion, tomato, cabbage, fresh herbs, kidney beans, parmesan cheese and Ditalini pasta in tomato and beef broth.  
\$2.75 (130 cal.)

**Capellini Marinara**  Classic thin style capellini pasta tossed in a traditional marinara sauce.  
(240 cal.) \$8.00

**Honey Garlic Chicken**  Lightly floured sautéed chicken breast with garlic and honey reduction.  
(470 cal.) \$8.00

**Available At 4pm**

**Mussels & Fennel** Mussels sautéed in wine, tomatoes, fennel, shallots, garlic, and herbs with grilled focaccia. (430 cal.) \$8.00

**Peas & Carrots** (110 cal.)

**Brown Rice** (180 cal.)

## Friday 1/23

**Chicken Barley Soup** Chicken, celery, carrots, onion, herbs in chicken broth with barley. (80 cal.) \$2.75

**Sloppy Jill** Sautéed ground turkey, peppers and onions in a tangy tomato sauce, served on a toasted brioche bun. (410 cal.) \$8.00

**Blackened Catfish** Pan seared Cajun spiced catfish filet. (210 cal.) \$8.00

**Available At 4pm**

**Pork Tenderloin with Apples** Pork Tenderloin with apple espagnole sauce. (360 cal.) \$8.00

**Roasted Acorn Squash** (50 cal.)

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

## Saturday 1/24

**Country Harvest Soup** Carrot, celery, onion, mushroom, rice, farro, quinoa, cream, vegetable broth and herbs. (140 cal.) \$2.75

**Beef Casserole** Ground beef, garlic, onion, peppers, wine, tomato, basil, and macaroni pasta. (500 cal.) \$8.00

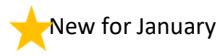
**General Tso's Tofu**  Crispy marinated tofu, fried and tossed in a spicy and sweet sauce with broccoli and served over a bed of jasmine rice. (380 cal.) \$8.00

**Tilapia Parmesan** Pan fried, parmesan, lemon, garlic and breadcrumb crusted tilapia. (560 cal.) \$8.00

**Roasted Beets** (60 cal.)

**Confetti Rice** (50 cal.)

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



New for January



Healthier Choice



Vegetarian

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