

# Shortline Specials & Delivery

1/26 - 1/31

## Soup of the Week

### Country Harvest Vegetable Soup

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

## Monday 1/26

**Beef Vegetable Soup** Carrots, celery, onion, green beans, corn, lima beans, cabbage, tomato, potatoes and diced beef in beef broth. \$2.75 (100 cal.)

**Vegetarian Thai Curry over Rice** Sautéed mushrooms, carrots, broccoli, red peppers, eggplant and water chestnuts with curry spiced garlic and ginger coconut sauce - over jasmine rice. (250 cal.) \$8.00

**Chicken Alexander** Pan seared chicken breast, finished with a brandy apricot cream sauce. (410 cal.) \$8.00

**Heart Healthy Special: Crispy Lentil and Sweet Potato Salad (Available All Day)** Brown lentils, sweet potato, celery, dry cranberries and parsley. (225 cal.) \$10.00 (Not in Netmenu) Allergens: None

### Available At 4pm

**Flounder Florentine** Floured and pan seared flounder in a garlic, spinach, white wine, lemon cream sauce. (250 cal.) \$8.00

**Lemon Dill Basmati** (170 cal.)

**Honey Glazed Carrots** (130 cal.)

## Tuesday 1/27

**Sausage Bean & Kale Soup** Garbanzo beans, Italian sausage, onion, carrots, celery, garlic, parmesan cheese and onions in chicken broth. \$2.75 (150 cal.)

**Bourbon Pecan Chicken** Grilled chicken, bourbon, honey, pecans and butter. (580 cal.) \$8.00

**Mushroom Stuffed Risotto Cake** Mushroom, mozzarella, risotto cake served with tomato confit. (500 cal.) \$8.00

### Available At 4pm

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

**Corn Pudding** (230 cal.)

**Cauliflower Rice** (40 cal.)

## Wednesday 1/28

**Bermuda Fish Chowder** Cod, shrimp, tomatoes, potatoes herbs and rum. (80 cal.) \$2.75

**Garlic Herb Tilapia** Pan seared then topped with a roasted garlic lemon herb sauce. (370 cal.) \$8.00

**King Ranch Casserole** Corn tortillas layered with, chicken, mushrooms, onions and peppers in a creamy tomato sauce. (580 cal.) \$8.00

### Available At 4pm

**Mojo Pork over Black Beans & Rice** Braised pork shoulder, garlic, citrus, oregano, cumin, cilantro over black beans and rice. (410 cal.) \$8.00

**Cuban Black Beans & Rice** (150 cal.)

**Baked Potato** (220 cal.)

## Thursday 1/29

**Italian Wedding Soup** Carrots, celery, onion, garlic, fresh herbs and seasoning with meatballs and pasta in chicken broth. \$2.75 (180 cal.)

**Chicken & Dumpling** Chicken breast braised in a savory cream sauce served with traditional sour cream dumplings. (610 cal.) \$8.00

**Beef Goulash** Braised beef with onion, garlic, paprika, mushrooms and tomato served over egg noodles. (350 cal.) \$8.00

**Green Chili and Pork Stew** Pork, vegetables, chicken and beef broth, tomato, sour cream, cheddar and green onion. (230 cal.) \$8.00

**Mushroom & Spinach** (40 cal.)

**Au Gratin Potatoes** (160 cal.)

## Friday 1/30

**Split Pea & Ham Soup** Split peas, carrots, celery and onion, smoked ham and chicken stock. (110 cal.) \$2.75

**Shrimp & Grits** Cajun spiced shrimp sautéed with peppers, onions, garlic, tomato and white wine, served over a bed of cheesy grits. (280 cal.) \$12.00

**Black Bean Chili** Black beans stewed in a vegetable broth with peppers, tomatoes, cumin, coriander and coffee. Topped with cheddar cheese, green onions and served with sour cream. (190 cal.) \$8.00

**Blackened Chicken Breast Over Fettuccini Alfredo** Cream, garlic, parmesan and butter tossed with fettuccini pasta, topped with blackened chicken breast. (490 cal.) \$8.00

**Baked Potato** (220 cal.)

**Braised Collard Greens** (70 cal.)

## Saturday 1/31

**Chicken Noodle Soup** Carrots, celery, onions, roasted chicken and egg noodles in chicken broth. (90 cal.) \$2.75

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

**Trout Almandine** Lightly floured then sautéed and served with a sauce of lemon, butter, parsley and toasted almonds. (420 cal.) \$8.00

**Swedish Meatballs** Swedish style beef meatballs, served in a sauce of Worcestershire, Dijon mustard, cream and beef broth. (530 cal.) \$8.00

**Mashed Potatoes** (140 cal.) **Gravy** (45 cal.)

**Steamed Broccoli** (40 cal.)

## Fruit Special of the Week: Prunes

 New for January

 Healthier Choice

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