

Chesapeake

March 9th – April 11th

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

Greek Cous Cous Salad   Couscous, cucumber, tomato, kalamata olives, basil, parsley, lemon and Greek dressing. (140 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.)**

Mary Kay Salad   Romaine lettuce, garbanzo bean, red onion, bacon and blue cheese crumbles with Italian and blue cheese mix dressing. (600 cal.) \$12.00
Protein of your choice.

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 *No protein substitutions.*

Spicy Bison Burger  Seared Bison burger, pepper jack cheese, sautéed jalapeno peppers and chipotle mayonnaise on a toasted brioche bun. (830 cal.) \$12.00

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 March |

 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

Salmon w/ Apple Horseradish Remoulade 🍏 Seared salmon filet served with a chilled horseradish, apple, yogurt and chive remoulade sauce. \$15.00 (330 cal.)

Chicken Breast Woodland ★ 🍏 Floured then sautéed chicken breast finished with mushrooms and a brandy cream sauce. \$12.00 (320 cal.)

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

Pasta

Turkey Bolognese with Pappardelle Pappardelle pasta tossed turkey bolognese sauce then finished with parmesan cheese. \$12.00 (560 cal.)

Spinach Stuffed Shells ★ 🌿 House stuffed pasta shells with spinach, ricotta, mozzarella, egg and seasoning topped with tomato cream sauce. (680 cal.) \$15.00

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

Gluten Friendly Pasta Available

Sea

Shrimp Scampi Over Linguine ★ Sautéed shrimp tossed with linguine pasta then finished with white wine, lemon, and garlic. (430 cal.) \$15.00

Coconut Shrimp ★ Coconut coated and fried. \$12.00 (340 cal.)

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Farm

Peruvian Lomo Saltado★ Sliced beef tenderloin, peppers, onions, French fries, pickled red onion, and radish. \$12.00 (450 cal.)

Veal Schnitzel★ Breaded veal cutlet, quick fried and served with a brown butter caper sauce. \$12.00 (600 cal.)

Jamaican Jerk Chicken Herbs, spices, spicy pepper, soy sauce, bone in chicken breast, served with mango salsa. (340 cal.) \$12.00

Chicken Leg Arrabiata Bone in chicken leg quarter, braised in tomato, wine, butter and a touch of hot pepper. (570 cal.) \$15.00

Maple Bourbon Pork Chop★ Grilled pork chop topped with a maple bourbon bacon jam and goat cheese. (460 cal.) \$12.00

Kielbasa with Sautéed Peppers & Onions★ Roasted Kielbasa sausages with caramelized onions and peppers. (550 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

Baked Potato (220 cal.)

Jasmine Rice (130 cal.)

Red Beans & Rice (120 cal.)

Yam Casserole with Pecans (360 cal.)

Carrots w/ Orange & Ginger (20 cal.)

Sautéed Swiss Chard (20 cal.)

Seasoned Broccoli & Cauliflower (30 cal.)

Sautéed Cabbage with Bacon (80 cal.)

Mixed Fruit (40 cal.)

**Available Plain:*

Baked Potato, Carrots, Broccoli Cauliflower Blend