

Café on Main Buffet Menu

3/16-3/21

Soup of the Week

Tomato Basil Soup- 🌿 Tomato, garlic, onion and fresh herbs in a vegetable broth. \$2.75 (70 cal.)

Monday 3/16

Cream of Asparagus Soup- 🌿 Cream and asparagus. \$2.75 (180 cal.)

Signature Burger- Smash style griddle seared beef burger with shredded lettuce, tomato and onion, on a toasted brioche bun. \$8.00 (550 cal.)

Garden Vegetable Patty- 🌿 \$8.00 (160 cal.)

BBQ Chicken Quarter- BBQ marinated, bone-in leg and thigh of chicken slowly roasted. \$8.00 (435 cal.)

Italian Sausage & Peppers- Sautéed sweet Italian sausage with garlic, onions, green and red peppers. \$8.00 (340 cal.)

Honey Glazed Carrots (130 cal.)

Braised Collard Greens (70 cal.)

Macaroni & Cheese (230 cal.)

Potato Salad (180 cal.)

Tuesday 3/17

(Please See St Patrick's Day Menu)

Wednesday 3/18

Creamy Turkey & Wild Rice Soup- Turkey, wild rice, carrots, celery, onions and fresh herbs in a poultry cream broth. \$2.75 (240 cal.)

Red Lentil Dahl- 🍎 🌿 Lentils, vegetable broth, coconut milk, garam masala, ginger, lemon juice and cilantro. \$8.00 (240 cal.)

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

Honey Garlic Salmon - Salmon with soy, ginger, garlic and honey reduction garnished with sesame seeds. \$8.00 (480 cal.)

Pot Roast- Slow braised beef with celery, onions, carrots and tomatoes in a rich burgundy broth. \$8.00 (400 cal.)

Steamed Spinach (25 cal.)

Steamed Brussel Sprouts (50 cal.)

Sundried Tomato Risotto (270 cal.)

Brown Rice (180 cal.)

Thursday 3/19

Poblano Soup- \$2.75 (180 cal.)

Black Bean Enchiladas 🌿 Black beans, mushrooms, corn tortillas, Monterey jack and cheddar cheese. Served with cilantro sour cream and scallions. \$8.00 (290 cal.)

Chicken Fajitas- Grilled seasoned breast of chicken with peppers, onions and warmed tortillas. Served with sour cream, guacamole and pico de gallo. \$8.00 (525 cal.)

Tex Mex Catfish- 🍎 Catfish, taco seasoning, pico de gallo, guacamole and cilantro sour cream. \$8.00 (260 cal.)

Brisket Barbacoa- Smoked Mexican spiced pulled beef brisket. \$8.00 (420 cal.)

Broccoli w/ Lemon & Garlic (50 cal.)

Peas & Carrots (110 cal.)

Spanish Rice (180 cal.)

Pinto Beans (260 cal.)

Friday 3/20

Carrot Ginger Soup- 🌿 Carrots, celery, onions, potatoes, sour cream, honey and ginger. \$2.75 (120 cal.)

Cheese Ravioli- 🌿 Cheese stuffed ravioli tossed in our marinara sauce then finished with parmesan cheese. \$8.00 (405 cal.)

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

Oyster Stew- Onions, oysters, cream, Worcestershire sauce, tabasco sauce, parsley and spices. \$8.00 (380 cal.)

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

Sautéed Kale (50 cal.)

Grilled Asparagus (30 cal.)

Roasted Gold Potatoes (90 cal.)

Baked Yam (190 cal.)

Saturday 3/21

Reuben Soup- Corned beef, sauerkraut, Swiss cheese, chicken broth and cream. \$2.75 (250 cal.)

Cauliflower Parmesan- 🌿 Roasted cauliflower "steak", topped with mozzarella, fresh basil, parmesan and marinara sauce. \$8.00 (270 cal.)

Chicken Maria- Chicken breast, roasted peppers, spinach, garlic, fresh mozzarella and a white wine sauce. \$8.00 (355 cal.)

Seafood Newburg- Shrimp, scallops, crab, fresh herbs, garlic and shallots in seafood cream sauce. \$8.00 (310 cal.)

Corned Beef & Cabbage- Corned beef brisket braised in carrots, celery, onion and pickling spices, served with braised cabbage. \$8.00 (305 cal.)

Sautéed Mushrooms (60 cal.)

Sautéed Cabbage (35 cal.)

White Rice (140 cal.)

Potatoes O'Brien (100 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 March

| 🍎 Healthier Choice | 🌿 Vegetarian
(under 460 mg sodium, 4 g

saturated fat, 10 g added sugar)