

Café on Main Buffet Menu

3/23-3/28

Soup of the Week

Mushroom Barley Soup - 🌿 Mushroom, celery, carrots, onion, herbs in a vegetable broth with barley. \$2.75 (45 cal.)

Monday 3/23

Chicken Rice Soup- Roasted chicken, carrots, celery, onions and fresh herbs in a poultry broth with rice. \$2.75 (80 cal.)

BBQ Jackfruit 🌿 Jackfruit, BBQ sauce. \$8.00 (190 cal.)

Orange Sesame Chicken- Tempura battered white meat chicken fried then tossed in our sweet and savory orange-sesame glaze. Served over white rice. \$8.00 (660 cal.)

Mediterranean Cod- Cod simmered with tomatoes, wine, capers and olives. \$8.00 (190 cal.)

Beef Noodle Casserole- Ground beef, garlic, onion, peppers, wine, tomato, basil, and macaroni pasta. \$8.00 (495 cal.)

Steamed Carrots (45 cal.)

Spinach & Mushrooms (40 cal.)

White Rice (140 cal.)

Lyonnais Potatoes (130 cal.)

Tuesday 3/24

Broccoli, Cheddar & Ale Soup- Beer, onion, broccoli, cream, butter, flour. \$2.75 (210 cal.)

Roasted Turkey Breast 🍏 \$8.00 (155 cal.)

Eggplant Parmesan - 🌿 Breaded and fried eggplant, topped with tomato sauce and mozzarella cheese, served with linguine pasta. \$8.00 (580 cal.)

Bourbon Glazed Salmon- Pan seared salmon filet glazed w/ bourbon sauce. \$8.00 (400 cal.)

Roasted Pork Loin -Lemon and fresh herb marinated. \$8.00 (180 cal.)
w/ Honey Dijon (330 cal.)

Green Bean Casserole (80 cal.)

Sauerkraut (30 cal.)

Apple Cornbread Stuffing (110 cal.)

Mashed Potatoes (140 cal.)

Wednesday 3/25

Turkey Rice Soup-Roasted turkey, carrots, celery, onions and fresh herbs in a poultry broth. \$2.75 (75 cal.)

Baked Manicotti 🌿 Pasta stuffed with ricotta and topped with our marinara, mozzarella and parmesan then oven baked to finish. \$8.00 (600 cal.)

Chicken Chesapeake- Pan seared chicken breast topped with crab imperial and served with a creamy old bay sauce. \$8.00 (740 cal.)

Honey Garlic Salmon - Cod, potato, breadcrumbs, lemon, capers, onions and mayonnaise, served with remoulade sauce. \$8.00 (380 cal.)

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

Stewed Tomatoes (30 cal.)

Honey Glazed Carrots (130 cal.)

Steamed Potatoes w/ Chives (130 cal.)

Macaroni & Cheese (230 cal.)

Thursday 3/26

(Please See Opening Day Menu)

Friday 3/27

MD Crab Soup-Seafood broth, crab and mixed vegetables. \$2.75 (90 cal.)

Baked Ziti- 🌿 Ziti, cream, tomato sauce, mozzarella and parmesan cheese. \$8.00 (405 cal.)

BBQ Pulled Chicken-🍏 Braised chicken breast with a sweet and tangy BBQ sauce. \$8.00 (150 cal.)

Mussels w/ Fennel & Tomato Broth-Simmered in wine, tomatoes, fennel, shallots, garlic, and herbs with grilled focaccia. \$8.00 (430 cal.)

Braised Denver Steak- Chuck Steak - red wine, espagnole sauce, garlic, herbs and carrots. \$8.00 (250 cal.)

Lemon Garlic Broccoli (50 cal.)

Peas & Carrots (110 cal.)

Roasted Gold Potatoes (90 cal.)

Baked Yam (190 cal.)

Saturday 3/28

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

Lamb Pastitsio-Greek style baked pasta with ground lamb, parmesan cheese and Béchamel sauce. \$8.00 (590 cal.)

Plant Based Pepper "Steak"- Sliced plant-based steak, peppers, onions, snow peas, garlic, ginger and carrots in a sesame sauce served over a bed of Jasmine rice. \$8.00 (620 cal.)

Fried Shrimp- Lightly battered. \$8.00 (420 cal.)

Chicken Adobo Chicken quarter, soy sauce, vinegar and scallions. \$8.00 (400 cal.)

Green Beans w/ Tomatoes (35 cal.)

Broccoli au Gratin (110 cal.)

Jasmine Rice (130 cal.)

Buttered Corn (110 cal.)

Fruit Special of the Week: Banana

★ New for March

🍏 Healthier Choice | 🌿 Vegetarian
(under 460 mg sodium, 4 g saturated fat, 10 g added sugar)

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