

Chesapeake & Shortline

Sunday Brunch 3/15

SOUPS & SALADS

Soup of the Day- \$2.75

Plain Grits-(130 cal.) \$3.00

Old Fashioned Oats- (110 cal.) \$3.00

Pasta Salad ★ Elbow macaroni with onion, celery, red and green pepper tossed in a classic mayonnaise dressing. (250 cal.) \$2.75

Arugula Pear Salad 🍃 Sliced pears, toasted almonds and dried cranberries, served over arugula lettuce. (180 cal.) \$2.75

Mixed Fruit- Mixed seasonal fresh fruits and berries. (40 cal.) \$2.75

Bread of the DAY

Special Bread: Croissant ★ (70 cal.) \$3.25

Biscuit (250 cal.) \$1.75

Egg & Cheese Strata ★ Baked egg, ricotta, parmesan, mozzarella cheese, milk and bread. (360 cal.) \$10.00

Scrambled Eggs (200 cal.) \$2.00

Bacon (110 cal.) \$1.75

Turkey Bacon Available upon request only. (50 cal.)

Sausage Link Roasted pork sausage links. (230 cal.) \$1.75

Turkey Sausage available upon request only. (140 cal.)

Home Fries (100 cal.) \$1.75

Scrapple (130 cal.) \$2.75

Flounder Francaise ★ Egg battered filet in a white wine, lemon butter sauce. (200 cal.) \$10.00

Grilled Pork Chop, Bacon & Bleu Cheese ★ Grilled pork chop topped with bleu cheese crumbles and bacon butter. (540 cal.) \$10.00

Honey Garlic Chicken ★ Lightly floured sautéed chicken breast with garlic and honey reduction. \$10.00 (470 cal.)

Baked Potato ★ (220 cal.) \$1.75

Macaroni & Cheese ★ (230 cal.) \$1.75

Harvard Beets ★ (110 cal.) \$1.75

Sautéed Broccoli w/ Lemon Garlic ★ (50 cal.) \$1.75

From the Griddle

Grill specials come with choice of bacon or turkey bacon (50 cal.),

or turkey sausage (140 cal.) or pork sausage and toast

White, Wheat, or English Muffin toast available

GF Toast available upon request.

Chicken & Waffles ★ Crispy fried chicken served on a warm Belgian style waffle with hot maple syrup. (780 cal.) \$12.00

Breakfast Platter - Two pancakes (240 cal.) Scrambled eggs (200 cal.), Suggested choice of protein: Sausage (230 cal.), Bacon (110 cal.), (Turkey Sausage **or** Turkey Bacon available upon request) \$12.00

Build Your Own Omelet (70 cal.) \$8.00

Toppings : Cheddar Cheese (110 cal.) Spinach (15 cal.)

Mushrooms (5 cal.) Ham (45 cal.) Onion (5 cal.) Green Peppers (5 cal.)

Plain Grilled Salmon (240 cal.) **add Bourbon Sauce** (60 cal.) \$9.00

Plain Grilled Chicken (220 cal.) **add Bourbon Sauce** (60 cal.) \$8.00

Desserts

Daily Desserts

Pecan Twist ★ \$3.25

Healthier Choice

★ New for Week



(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.