

Chesapeake & Shortline

Sunday Brunch 3/22

SOUPS & SALADS

Soup of the Day- \$2.75

Plain Grits-(130 cal.) \$3.00

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

Frisee & Arugula★ Frisee, arugula, red onions and grapes topped with toasted almonds. (60 cal.) \$2.75

Caesar Salad 🌿 Chopped romaine, parmesan cheese, and house made croutons. Dressing on the side. (180 cal.) \$2.75

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

Bread of the DAY

Special Bread: Bagel ★ (230 cal.) \$3.25

Biscuit (250 cal.) \$ 1.75

Apple Stuffed Pancakes★ (180 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 Diced potato, green and red pepper, onion, garlic, seasoning. (100 cal.) \$1.75

Scrapple (130 cal.) \$2.75

Pan Seared Haddock w/ Pesto★ Seared filet of haddock topped with basil pesto and blistered tomatoes. (360 cal.) \$10.00

BBQ Salisbury Steak ★ Herb and onion seasoned ground beef patty, served with BBQ Sauce and frizzled onions. (380 cal.) \$10.00

Chicken Alexander★ Pan seared chicken breast, finished with a brandy apricot cream sauce. \$10.00 (470 cal.)

Creamy Polenta ★ (150 cal.) \$1.75

Yam Casserole w/ Pecans ★ (360 cal.) \$1.75

Carrots★ (40 cal.) \$1.75

Braised Fennel★ (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.

French Toast ★ Egg, cream, cinnamon and sugar dipped toast, cooked on the griddle. (260 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

Yogurt Parfait ★ \$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.