

Café on Main Buffet Menu

5/11-5/16

Soup of the Week

Black Bean Soup - 🌿 Black beans, vegetables, sour cream. \$2.75 (130 cal.)

Monday 5/11

Chicken & Sausage Gumbo-Roasted chicken, andouille sausage, green peppers, okra, celery, garlic, onions and white rice in a chicken broth. \$2.75 (210 cal.)

Vegetable Jambalaya- 🌿 Tofu, black eyed peas, rice, green and red peppers, okra and spice. \$8.00 (200 cal.)

Coq au Vin-Red wine marinated chicken thighs - braised - with pearl onions, mushrooms and bacon. \$8.00 (560 cal.)

Shrimp & Grits- Cajun spiced shrimp sautéed with peppers, onions, garlic, tomato and white wine, served over a bed of cheesy grits. \$8.00 (280 cal.)

Steak Diane- Carved medallions of beef with a mustard, mushroom brandy cream sauce. \$8.00 (250 cal.)

Green Beans w/ Tomatoes (35 cal.)

Roasted Zucchini (30 cal.)

Cheesy Grits (160 cal.)

Black Eyed Peas (190 cal.)

Tuesday 5/12

Shrimp Bisque- Seafood broth, brandy, cream and shrimp. \$2.75 (200 cal.)

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

Rigatoni w/ Vodka Sauce- 🌿 Rigatoni with marinara sauce infused with vodka then finished with cream. \$8.00 (245 cal.)

Cod Dijonnaise- Baked Cod brushed with a creamy horseradish dijonaise and topped with breadcrumbs and parmesan cheese. \$8.00 (320 cal.)

Beef Bourguignon-Traditional French beef stew braised in Burgundy wine with bacon, pearl onions and carrots served over mashed potatoes. \$8.00 (520 cal.)

Green Bean Casserole (80 cal.)

Sauerkraut (30 cal.)

Apple Cornbread Stuffing (110 cal.)

Mashed Potatoes (140 cal.)

Wednesday 5/13

Turkey Barley Soup- Turkey, celery, carrots, onion, herbs in chicken broth with barley. \$2.75 (90 cal.)

Roast Beef-Certified Angus Beef lightly seasoned and roasted. \$8.00 (180 cal.)

Tortellini w/ Pesto Cream - 🌿 Basil, pine nuts and cream over tortellini. \$8.00 (345 cal.)

General Tso Chicken- Tempura battered white meat chicken with steamed broccoli tossed in a sweet and spicy sauce. Served over white rice. \$8.00 (410 cal.)

Seared Salmon- 🍏 Pan seared salmon filet. \$8.00 (240 cal.)

w/Mustard Beurre Blanc (200 cal.)

Sautéed Bok Choy (35 cal.)

Grilled Asparagus (30 cal.)

Brown Rice (180 cal.)

Roasted Yukon Potatoes (100 cal.)

Thursday 5/14

Cream of Celery Soup- 🌿 Onion, celery, garlic, cream, butter, flour. \$2.75 (170 cal.)

Stuffed Portabella Mushroom- 🌿 Roasted portabella mushroom, stuffed with sautéed peppers, onions, squash, zucchini, fresh herbs, breadcrumbs, and mozzarella cheese. \$8.00 (240 cal.)

Oven Roasted Chicken-Savory herb marinated bone-in leg and thigh of chicken- slowly roasted until golden brown. \$8.00 (400 cal.)

Citrus Grilled Shrimp- Grilled shrimp tossed in a citrus compound butter. \$8.00 (225 cal.)

Country Fried Steak- Beef sirloin batter fried and smothered in country style white gravy. \$8.00 (520 cal.)

Steamed Vegetable Medley (35 cal.)

Steamed Spinach (25 cal.)

Tzimmes (100 cal.)

Cheddar Bacon Mashed Potatoes (195 cal.)

Friday 5/15

Lobster Bisque-Seafood broth, brandy, cream and lobster meat. \$2.75 (180 cal.)

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

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

Green Goddess Salmon - Salmon, arugula, tomato and tarragon with a green goddess dressing. \$8.00 (450 cal.)

Beef Stew- Tender cuts of beef sirloin braised in a rich sauce with red wine, carrots, celery, onions, potatoes then served over egg noodles. \$8.00 (500 cal.)

Steamed Broccoli (40 cal.)

Harvard Beets (110 cal.)

Buttered Corn (110 cal.)

Basmati Rice & Lentils (190 cal.)

Saturday 5/16

Chicken Enchilada Soup- Chicken, vegetables, chicken broth, spicy peppers and tortillas with sour cream and cilantro. \$2.75 (130 cal.)

Cheesesteak- Seared Philadelphia style steak and onions on a roll with melted provolone cheese. \$8.00 (820 cal.)

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

Jerk Chicken-Herbs, spices, spicy pepper, soy sauce, bone in chicken leg, served with mango salsa. \$8.00 (420 cal.)

Tilapia w/ Shrimp Sauce- Pan seared tilapia and shrimp with a white wine, sherry cream sauce. \$8.00 (630 cal.)

Peas & Pearl Onions (100 cal.)

Braised Collard Greens (70 cal.)

Potato Wedges (200 cal.)

Macaroni & Cheese (230 cal.)

Fruit Special of the Week:
Banana

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 May

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