

Chesapeake

April 13th – May 9th

Starters

Soup of the Day - A homemade specialty soup prepared in house. \$2.75

Soup of the Week - A homemade specialty soup prepared in house \$2.75

House Salad 🌿 Mixed greens, carrots, tomatoes, and cucumber. \$2.75 (10 cal.)

Caesar Salad 🌿 Chopped romaine, parmesan cheese and house made croutons, tossed in Caesar dressing. (290 cal.) \$2.75

Spinach Strawberry & Feta Salad ★ 🌿 Baby spinach with strawberries, toasted almonds, dried cranberries and feta cheese. (120 cal.) \$2.75

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

Entrée Salads and Handhelds

Choose One Protein For Your Entrée Salad

Salmon (240 cal.) **Grilled Shrimp** (140 cal.) **Grilled Chicken Breast** (220 cal.) **Tofu** (90 cal.)

Maurice Salad ★ 🌿 Ham, turkey, Swiss cheese, eggs, gherkin pickles and olives in rich dressing, served over shredded iceberg lettuce. (780 cal.) \$12.00

Kale, Bacon & Bleu Cheese Salad ★ Crispy bacon, sliced apples, dried cranberries, candied pecans, blue cheese and kale. (480 cal.) \$12.00
Choose protein.

Tuscan Chicken Panini ★ Grilled chicken breast, basil pesto mayonnaise with pine nuts, fresh arugula, roasted red peppers and provolone cheese pressed on a ciabatta roll. \$10.00 (990 cal.)

Gluten Friendly Bread Options Available

Salad Dressing

Balsamic Vinaigrette (60 cal.) - Blue Cheese (140 cal.) - Caesar (170 cal.) - French (130 cal.) - Honey Dijon (130 cal.) - Italian (100 cal.) - Ranch (110 cal.) - Raspberry Vinaigrette (30 cal.)

★ New for April



Healthier Choice

(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.

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Healthier Choice

Sautéed Pork Cutlet w/ Mushroom Sauce 🍏 Garlic, thyme, rosemary, and lemon marinated pork loin cooked with mushrooms in a brandied sauce espagnole. (300 cal.) \$15.00

Poached Basa w/ Dill ★ 🍏 Basa, white wine, lemon and dill. \$12.00 (170 cal.)

Chicken Breast Woodland 🍏 Floured then sautéed chicken breast finished with mushrooms and a brandy cream sauce. \$15.00 (320 cal.)

Chasseur Chicken Thigh ★ 🍏 Seared chicken thigh, braised in a demi glace sauce with tomato, shallot, mushroom, garlic, and brandy. (240 cal.) \$15.00

Pasta

Shrimp Lo Mein ★ Shrimp, mixed vegetables, ginger, garlic and sesame oil, with lo mein noodles. \$15.00 (400 cal.)

Summer Vegetable Gnocchi ★ 🌿 Zucchini, yellow squash, corn, cream, parmesan and basil with gnocchi potato dumplings. (500 cal.) \$12.00

Pasta dishes are served with a breadstick (170 cal.)

Gluten Friendly Pasta Available

Sea

Mediterranean Cod ★ Cod simmered with tomatoes, wine, capers and olives. (190 cal.) \$15.00

Sautéed Tilapia Parmesan ★ Pan fried, parmesan, lemon, garlic and breadcrumb crusted tilapia. \$15.00 (530 cal.)

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Farm

Korean Beef Bulgogi ★ Thinly sliced beef marinated in ginger, garlic, soy and apples seared and served over a bed of jasmine rice.
\$15.00 (490 cal.)

Stuffed Cabbage ★ Beef, rice, egg, tomato, flour, butter and fresh herbs.
\$15.00 (230 cal.)

Pan Seared Chicken w/ Artichokes ★ Floured then sautéed chicken breast finished with artichokes, mushrooms, tomatoes and a white wine pan sauce. (320 cal.) \$15.00

Chicken Leg Arrabbiata Bone in chicken leg quarter, braised in tomato, wine, butter and a touch of hot pepper. (570 cal.) \$15.00

Pork Schnitzel ★ Breaded pork cutlet, quick fried and served with a brown butter caper sauce. (640 cal.) \$12.00

Bacon Wrapped Pork Tenderloin Bacon wrapped pork tenderloin, roasted and sliced, served with sauce espagnole. (550 cal.) \$15.00

Grilled Salmon 🍷 Grilled Salmon filet. \$15.00 (240 cal.)

Grilled Chicken 🍷 Herb marinated chicken breast grilled over an open flame. \$12.00 (220 cal.)

Sides

Italian Asparagus (30 cal.)
Green Beans with Sautéed Onions (50 cal.)
Ratatouille (30 cal.)
Stewed Okra with Tomatoes (50 cal.)

Quinoa Pilaf (60 cal.)
Potatoes O'Brien (100 cal.)
Creamy Polenta (150 cal.)
Baked Yam (190 cal.)
Mixed Fruit (40 cal.)

**Available Plain:*
Asparagus, Green Beans, Baked Yam