

Chesapeake

May 11th – June 6th

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 (30 cal.)

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

Sliced Tomato Salad ★🌿 Fresh sliced tomatoes, red onion & basil served with Italian Dressing. (60 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 (250 cal.) **Grilled Shrimp** (160 cal.) **Grilled Chicken Breast** (220 cal.)

Tofu (90 cal.)

Greek Salad ★🌿 Chopped romaine, Kalamata olives, cucumber, tomato, artichoke, roasted red pepper, feta cheese and red onion tossed with Greek dressing. (410 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.

Chicken Caprese Sandwich ★ Grilled chicken breast with fresh mozzarella, arugula, tomato, traditional pesto and balsamic glaze on toasted ciabatta bread. \$10.00 (790 cal.) \$12.00

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 May



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

Roasted Pork Loin ★ 🍏 Garlic, thyme, rosemary, and lemon marinated pork loin cooked with mushrooms in a brandied sauce espagnole. (180 cal.) \$15.00

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

Grilled Chicken Paillard Tapenade ★ 🍏 Herb rubbed grilled chicken, arugula, olives, capers, lemon and olive oil. \$15.00 (290 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

Cheese Ravioli with Marinara ★ 🌿 Cheese stuffed ravioli tossed in our marinara sauce then finished with parmesan cheese. \$15.00 (400 cal.)

Rigatoni Alla Norma ★ 🌿 Eggplant, garlic, tomato, rigatoni pasta, ricotta, parmesan and mozzarella cheeses. (400 cal.) \$12.00

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

Gluten Friendly Pasta Available

Sea

Mussels in Fennel Tomato ★ Simmered in wine, tomatoes, fennel, shallots, garlic, and herbs with grilled focaccia. \$15.00 (430 cal.)

Cajun Cornmeal Crusted Catfish ★ Cajun spice, egg, flour and cornmeal. \$15.00 (330 cal.)

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Farm

Beef Teriyaki Stir Fry ★ Teriyaki marinated beef with carrots, onions and peppers served over jasmine rice. \$15.00 (520 cal.)

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

Piri-Piri Chicken ★ Char-grilled chicken thigh, garlic, lemon, ginger, cilantro and piri-piri glaze. (410 cal.) \$15.00

Miso Chicken Breast with Asian Slaw ★ Frenched breast of chicken, miso butter and Asian slaw with peanuts. (570 cal.) \$15.00

Pork Shank with Tomato Demi ★ Braised pork shank, tomato demi glace and gremolata. (360 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

Baked Sweet Potato (190 cal.)

Cilantro Lime Rice (140 cal.)

Roasted Garlic Mashed Potatoes (100 cal.)

Roasted Yukon Potatoes (50 cal.)

Southern Style Green Beans (80 cal.)

Sautéed Peas (140 cal.)

Mashed Cauliflower (130 cal.)

Sautéed Carrots w/ Orange Ginger (100 cal.)

Mixed Fruit (40 cal.)

**Available Plain:*

Green Beans, Carrots, Peas, Baked Sweet Potato