

Bar @ Chesapeake

Specials

6.22-6.27

Beef Kofta Pita - Spiced ground beef patties, hummus, lettuce, olives, cucumber, red onion and tomato with yogurt garlic sauce. (490 cal.) \$8.00

Tempura Vegetables - Batter fried, yam, green beans, broccoli and mushroom with sriracha mayo dipping sauce. (450 cal.) \$8.00

Fruit of the Week: Half Grapefruit

6.29- 7.3

Arugula Pear Salad Sliced pears, toasted almonds and dried cranberries, served over arugula lettuce. (180 cal.) \$6.00

Corned Beef Reuben Eggroll - Corned beef, sauerkraut, swiss cheese in an eggroll shell with thousand island dressing on the side. (410 cal.) \$8.00

Fruit of the Week: Clementine

7.6- 7.11

Chicken & Waffles - Crispy fried chicken served on a warm Belgian style waffle with hot maple syrup. (340 cal.) \$10.00

Watermelon Feta Salad -Diced watermelon, sliced red onions, feta, mint and lime dressing. (60 cal.) \$8.00

Fruit of the Week: Apple

7.13- 7.18

Tropical Chili Lime Fruit Salad (50 cal.) \$10.00

Mozzarella in Carrozza - Breaded mozzarella, fried and served with Marinara dipping sauce. (180 cal.) \$8.00

Fruit of the Week: Prunes