

Café on Main Buffet Menu

6/22-6/27

Soup of the Week

Tomato Basil Soup - 🌿 Tomato, garlic, onion and fresh herbs in a vegetable broth. \$2.75 (40 cal.)

Monday 6/22

Cream of Asparagus Soup - Cream and asparagus. \$2.75 (180 cal.)

Signature Burger - Smash style griddle seared beef burger with shredded lettuce, tomato and onion, on a toasted brioche bun. \$8.00 (550 cal.)

Carolina BBQ Chicken Thighs - Chicken thighs, Carolina BBQ sauce. \$8.00 (180 cal.)

Italian Sausage and Peppers - Sautéed sweet Italian sausage with garlic, onions, green and red peppers. \$8.00 (340 cal.)

Garden Vegetable Patty - 🌿 \$8.00 (160 cal.)

Honey Glazed Carrots (130 cal.)

Braised Collard Greens (70 cal.)

Potato Salad (180 cal.)

Macaroni & Cheese (230 cal.)

Tuesday 6/23

Creamy Chicken & Wild Rice Soup - Chicken, wild rice, carrots, celery, onions and fresh herbs in a poultry cream broth \$2.75 (250 cal.)

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

Herb Crusted Cod - Herb bread crumb crusted cod baked with lemon. \$8.00 (240 cal.)

Baked Ziti - 🌿 Ziti, cream, tomato sauce, mozzarella and parmesan cheese. \$8.00 (675 cal.)

Paneer Tikka Masala - 🌿 Paneer cheese, peppers, onions, garlic and ginger, with Tikka Masala sauce. \$8.00 (670 cal.)

Green Beans w/ Onions (45 cal.)

Sauerkraut (30 cal.)

Cornbread Stuffing (120 cal.)

Mashed Potatoes (140 cal.)

Wednesday 6/24

Turkey & Wild Rice Soup - Turkey, wild rice, carrots, celery, onions and fresh herbs in a poultry cream broth. \$2.75 (250 cal.)

Beef & Lamb Gyro - Sautéed beef and lamb topped with onions, tomatoes, lettuce, feta cheese, olives and a yogurt cucumber sauce on a warm pita. \$8.00 (640 cal.)

Chicken Marsala - 🍏 Floured then sautéed chicken breast finished with our marsala wine demi-glace and sautéed mushrooms. \$8.00 (300 cal.)

Malaysian Red Curry Mussels - Mussels, fish sauce, red curry, coconut milk, garlic and shallots with fresh herbs. \$8.00 (290 cal.)

Red Lentil Dahl - 🌿 🍏 Lentils, vegetable broth, coconut milk, garam masala, ginger, lemon juice and cilantro. \$8.00 (240 cal.)

Steamed Spinach (25 cal.)

Steamed Brussel Sprouts (50 cal.)

Pasta Salad (250 cal.)

Brown Rice (180 cal.)

Thursday 6/25

Poblano Soup - Roasted Poblano peppers, sour cream, flour, herbs and spices. \$2.75 (180 cal.)

Brisket Barbacoa - Smoked Mexican spiced pulled beef brisket. \$8.00 (420 cal.)

Chicken Fajitas - Grilled seasoned breast of chicken with peppers, onions and warmed tortillas. Served with sour cream, guacamole and pico de gallo. \$8.00 (560 cal.)

Tex Mex Catfish - 🍏 Catfish, taco seasoning, pico de gallo, guacamole and cilantro sour cream. \$8.00 (270 cal.)

Black Bean Enchiladas - 🌿 Black beans, mushrooms, corn tortillas, Monterey jack and cheddar cheese. Served with cilantro sour cream and scallions. \$8.00 (280 cal.)

Broccoli w/ Lemon & Garlic (50 cal.)

Peas & Carrots (110 cal.)

Spanish Rice (180 cal.)

Pinto Beans (260 cal.)

Friday 6/26

Chilled Peach Mango Soup - Chilled peach, mango, sour cream and yogurt puree. \$2.75 (120 cal.)

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

BBQ Pulled Pork - Braised pork shoulder with a sweet and tangy BBQ Sauce. \$8.00 (340 cal.)

Shrimp Fra Diavolo - Spicy shrimp sautéed with garlic, shallots and white wine then simmered in a marinara sauce with fresh basil and served with linguine. \$8.00 (270 cal.)

Cheese Ravioli - 🌿 Cheese stuffed ravioli tossed in our marinara sauce then finished with parmesan cheese. \$8.00 (400 cal.)

Sautéed Kale (50 cal.)

Grilled Asparagus (30 cal.)

Baked Yam (190 cal.)

Roasted Gold Potatoes (90 cal.)

Saturday 6/27

Reuben Soup - Corned beef, sauerkraut, swiss cheese, chicken broth and cream. \$2.75 (220 cal.)

Corned Beef & Cabbage - Corned beef brisket braised in carrots, celery, onion and pickling spices, served with braised cabbage. \$8.00 (305 cal.)

Orange Sesame Chicken - Tempura battered white meat chicken fried then tossed in our sweet and savory orange-sesame glaze. Served over white rice. \$8.00 (660 cal.)

Tuscan Salmon - Seared salmon filet topped with olives, tomatoes, scallions and feta cheese. \$8.00 (590 cal.)

Linguine Marinara - 🌿 Linguine pasta tossed with marinara sauce and finished with parmesan cheese. \$8.00 (240 cal.)

Sautéed Mushrooms (60 cal.)

Sautéed Cabbage (35 cal.)

Potatoes O'Brien (100 cal.)

White Rice (140 cal.)

Fruit Special of the Week: Half Grapefruit

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 June



Healthier Choice | 🌿 Vegetarian

(under 460 mg sodium, 4 g saturated fat, 10 g added sugar)