


Café on Main Buffet Menu

6/29-7/4

Soup of the Week

Mushroom Barley Soup -  Mushroom, celery, carrots, onion, herbs in a vegetable broth with barley. \$2.75 (45 cal.)


Monday 6/29

Chilled Georgia Peach Soup -  Chilled peaches, sour cream, white wine and yogurt. \$2.75 (120 cal.)

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

Veal Stew-Veal, red wine, carrots, celery, onions and potatoes served over egg noodles. \$8.00 (370 cal.)

New England Baked Cod - Cod, ritz crackers, panko breadcrumbs, white wine, butter and seasonings. \$8.00 (540 cal.)

Plant Based "Steak" Grillades w/ Grits -  Cajun seasoned plant-based steak in a creole style sauce over cheesy grits. \$8.00 (430 cal.)

Steamed Cauliflower (25 cal.)

Steamed Carrots (45 cal.)

Egg Noodles (150 cal.)

Cheesy Grits (160 cal.)


Tuesday 6/30

Split Pea & Ham Soup- Split peas, carrots, celery and onion, smoked ham and chicken stock. \$2.75 (110 cal.)

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

Honey Glazed Ham- Applewood smoked ham baked with a honey glaze. \$8.00 (240 cal.)

Bourbon Salmon- Pan seared salmon filet w/ bourbon sauce. \$8.00 (400 cal.)

Grilled Portabella Caprese -  Roasted portabella mushroom topped with fresh mozzarella, cherry tomatoes, basil and balsamic glaze. \$8.00 (180 cal.)

Steamed Green Beans (35 cal.)

Sauerkraut (30 cal.)

Apple & Cornbread Stuffing (110 cal.)

Mashed Potatoes (140 cal.)


Wednesday 7/1

Turkey Noodle Soup- Carrots, celery, onions, roasted turkey and egg noodles in chicken broth. \$2.75 (80 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.)

Beef Bulgogi-Thinly sliced beef marinated in ginger, garlic, soy and apples seared and served over a bed of jasmine rice. \$8.00 (490 cal.)

Shrimp Lo Mein- Shrimp, mixed vegetables, ginger, garlic and sesame oil, with lo mein noodles. \$8.00 (400 cal.)

Kung Pao Cauliflower -  Tempura fried cauliflower in a spicy kung pao sauce with sesame, peppers and peanuts. \$8.00 (280 cal.)

Roasted Carrots (45 cal.)

Sugar Snap Peas (35 cal.)

White Rice (140 cal.)

Roasted Yukon Gold Potatoes (100 cal.)



Thursday 7/2

Curried Lentil Soup- Celery, onion, carrot, tomato and lentils in vegetable broth with a touch of coconut and curry. \$2.75 (100 cal.)

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

Stuffed Cabbage-Beef, rice, egg, tomato, flour, butter and fresh herbs. \$8.00 (230 cal.)

Cajun Cornmeal Catfish-  Cajun spice, egg, flour and cornmeal. \$8.00 (330 cal.)

Thai Yellow Curry-   Tofu, coconut milk, yellow curry, garlic, ginger, onions peppers, mushrooms, soy sauce, lime, basil and jasmine rice. \$8.00 (210 cal.)

Broccoli (40 cal.)

Sautéed Cabbage (45 cal.)


Saffron Rice (80 cal.)

Roasted Gold Potatoes (90 cal.)


Friday 7/3

MD Crab Soup-Seafood broth, crab and mixed vegetables. \$2.75 (90 cal.)

Grilled Medallions of Beef-Grilled beef medallions, salt, pepper and olive oil. \$8.00 (200 cal.)

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

Mussels w/ Tomatoes & Garlic - Sautéed mussels, garlic, and tomatoes in a white wine, lemon butter sauce. \$8.00 (470 cal.)

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

Steamed Spinach (25 cal.)

Italian Vegetable Medley (35 cal.)

Baked Sweet Potato (190 cal.)

Vegetarian Risotto (250 cal.)

Saturday 7/4 **Happy 4th Of July**



(Please See July 4th Cookout Menu)

All Venues 11am-2pm Brunch Hours

Fruit Special of the Week: Clementine

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)