


Chesapeake

June 8th - July 11th



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

Crudité Salad   Cucumber, carrot, celery and tomato with ranch dressing. (260 cal.) \$2.75



Mixed Fruit Mixed seasonal fresh fruits. \$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.)

Grilled Peach Pecan Salad   Grilled peaches, mixed greens, candied pecans, pickled onions and feta cheese, topped with a balsamic vinaigrette. (390 cal.) \$12.00

Mary Kay Salad   Romaine lettuce, garbanzo bean, red onion, bacon and blue cheese crumbles with Italian and blue cheese mix dressing. (600 cal.) \$12.00
Choose protein.

Shrimp Burger  Minced shrimp, peppers, parsley, egg, lemon, old bay seasoning and breadcrumbs. Served on a toasted brioche bun with your choice of lettuce and tomato. \$15.00 (170 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 June



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

Herb Baked Salmon ⭐🍏 Herbs, wine and shallot baked salmon. \$12.00 (250 cal.)

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

Chicken Francaise ⭐🍏 Sautéed egg battered chicken breast finished with butter, lemon and white wine. (300 cal.) \$15.00

Pasta

Shrimp Pomodoro ⭐ Shrimp, garlic, blistered cherry tomatoes, olive oil and a touch of spice, tossed with penne pasta. \$15.00 (380 cal.)

Tortellini w/ Mornay ⭐🌿 Tortellini pasta stuffed with cheese topped with a gruyere mornay sauce. (220 cal.) \$12.00

Pasta dishes are served with a breadstick (160 cal.)

Gluten Friendly Pasta Available

Sea

Poached Basa w/ Thai Curry Coconut ⭐ Basa, white wine, lemon and dill. (170 cal.) Suggested with the Coconut Curry Sauce (40 cal.) \$15.00

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

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Farm

Beef Goulash ★ Braised beef with onion, garlic, paprika, mushrooms and tomato served over egg noodles. \$15.00 (350 cal.)

Steak Medallions w/ Diane Sauce ★ Carved medallions of beef with a mustard, mushroom brandy cream sauce. \$15.00 (250 cal.)

Buffalo Chicken Wings ★ Chicken wings, Spicy Buffalo sauce. Blue cheese dressing, carrot and celery sticks. (930 cal.) \$15.00

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

Mojo Pork Over Black Beans & Rice ★ Braised pork shoulder, garlic, citrus, oregano, cumin, cilantro over black beans and rice. (410 cal.) \$12.00

BBQ Pork Ribs ★ Oven roasted spareribs, glazed with BBQ sauce. (500 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

French Fries (190 cal.)
Basmati Rice (150 cal.)
Ranch Home Fries (120 cal.)
Succotash (100 cal.)

Sautéed Broccoli (40 cal.)
Parmesan Carrots (170 cal.)
Sautéed Peas (40 cal.)
Sautéed Spinach & Mushroom (40 cal.)
Mixed Fruit (40 cal.)

**Available Plain:*

Broccoli , Carrots, Peas, Spinach