

# Bar @ Chesapeake

August 17<sup>th</sup> – September 19<sup>th</sup>

## 1<sup>st</sup> Course

### **Soup of the Day** ★

A homemade specialty soup prepared in house. \$2.75

### **French Onion Soup** ★ 🍏

Caramelized onions, sherry and beef broth, topped with a crostini of gruyere and swiss cheese.

(260 cal.) \$2.75

**Watermelon Slice** (90 cal.) **with** ★ 🍏 🌿  
**Goat Cheese** (80 cal.) **& Pistachio** (80 cal.)  
**Honey** (30 cal.) \$6.00

### **Meat Board** ★ 🍏

Artichoke, roasted peppers, salami, prosciutto and olives, served with ciabatta bread. (420 cal.) \$4.00



New for August



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



Vegetarian

# Bar @ Chesapeake

## 2<sup>nd</sup> Course

### **Mozzarella in Carrozza** ★

Breaded Mozzarella, fried and served with Marinara dipping sauce. (180 cal.) \$10.00

### **Wedge Salad** ★ 🍏

Diced bacon, tomatoes, scallions and blue cheese over a wedge of lettuce and dressed with blue cheese dressing. (390 cal.) \$8.00

### **Beef & Cashew Stir Fry** ★

Beef, cashews, broccoli sesame seeds and green onions over jasmine rice. (260 cal.)

### **Egg Whites, Spinach & Feta Frittata** ★ 🌿

Baked egg white custard casserole with cherry tomatoes, spinach, shallots and feta cheese. (120 cal.) \$8.00

*Suggested Cocktail:*

**St. Amant**

Bourbon



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## 3<sup>rd</sup> Course

### **Bang Bang Shrimp Taco** ★

Fried Bang Bang style shrimp and mango slaw in warm tortilla. (160 cal.) \$8.00

### **Chicken & Waffles** ★

Crispy fried chicken served on a warm Belgian style waffle with hot maple syrup. (340 cal.) \$12.00

### **Pan Roasted Monkfish Romesco** ★

Monkfish, butter, rosemary, garlic and romesco sauce. (140 cal.) \$10.00

### **Asian Beef Lettuce Wrap** ★

Ground beef sautéed with pureed apples, soy, plum sauce, garlic, ginger and water chestnuts. Topped with bang bang sauce, sesame seed and scallions on Boston leaf lettuce boats. (360 cal.) \$8.00

*Suggested Cocktail:*

**Chesapeake Gin & Tonic**



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## 4<sup>th</sup> Course

### Desserts

#### **Tequila Mango Tres Leches Cake** ★

Tequila, Mango, egg, flour and butter.  
(530 cal.) \$3.25

#### **NSA Dessert of the Day**

(Please ask your server) \$3.25

**Please Ask Your Server  
for Ice Cream Selection**



New for August



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.