

Café on Main Buffet Menu

9/7-9/12

Soup of the Week

Minestrone- 🥕 Carrot, celery, onion, tomato, cabbage, fresh herbs, kidney beans, parmesan cheese and Ditalini pasta in tomato and vegetable broth. \$2.75 (200 cal.)

Monday 9/7

Happy Labor Day
(Please See Labor Day Buffet Menu)
All Venues Brunch Hours 11am-2pm

Steamed Asparagus (25 cal.)
Green Beans Almandine (90 cal.)
White Rice (140 cal.)
Lyonnais Potatoes (130 cal.)

Tuesday 9/8

Broccoli Cheddar & Ale Soup- Beer, onion, broccoli, cream, butter, flour. \$2.75 (210 cal.)

Roasted Turkey Breast w/ Gravy- \$8.00 (190 cal.)
Cottage Pie-Ground beef and vegetables in a burgundy wine sauce topped with parmesan whipped potato and baked. \$8.00 (480 cal.)
Flounder Florentine-Floured and pan seared flounder in a garlic, spinach, white wine, lemon cream sauce. \$8.00 (250 cal.)
Vegetable Farrotto- 🥬 Sautéed root vegetables and farro tossed together. \$8.00 (350 cal.)

Green Bean Casserole (80 cal.)
Sauerkraut (30 cal.)
Cornbread Stuffing (120 cal.)
Mashed Potatoes (140 cal.)

Wednesday 9/9

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

Chicken Francaise- 🍎 Sautéed egg battered chicken breast finished with butter, lemon and white wine. \$8.00 (295 cal.)
BBQ Ribs-Oven roasted spareribs, glazed with BBQ sauce. \$8.00 (500 cal.)
Shrimp Lo Mein-Shrimp, mixed vegetables, ginger, garlic and sesame oil, with lo mein noodles. \$8.00 (400 cal.)
Plant Based Mongolian “Steak” –Plant based steak, green onions, garlic, ginger, soy sauce and brown sugar over jasmine rice. \$8.00 (460 cal.)

Steamed Carrots (45 cal.)
Roasted Brussel Sprouts w/ Onions (50 cal.)
Buttered Corn (110 cal.)
Potatoes au Gratin (160 cal.)

Thursday 9/10

Gazpacho- 🥬 Tomato, cucumber, onion, garlic, green, yellow and red pepper with fresh herbs in tomato broth. \$2.75 (100 cal.)

Peanut Chicken –🍎 Chicken, cabbage, rice noodles, Thai chili, coconut milk, peanut, soy sauce and sesame. \$8.00 (400 cal.)
Beef Liver & Onions - Seared beef liver, bacon and onions. \$8.00 (350 cal.)
Mussels Marinara-Mussels, garlic, wine, tomatoes, fresh herbs, butter and a touch of spice. \$8.00 (400 cal.)
Zucchini Parmesan- 🥬 Breaded and fried zucchini, topped with tomato sauce and mozzarella cheese. \$8.00 (390 cal.)

Grilled Asparagus (30 cal.)
Lima Beans (160 cal.)
Balsamic Roasted Beets (75 cal.)
Rice Pilaf (130 cal.)

Friday 9/11

Chilled Watermelon Strawberry Soup- 🥬 Watermelon, strawberries, yogurt and cream. \$2.75 (100 cal.)

Chicken Alexander-Pan seared chicken breast, finished with a brandy apricot cream sauce. \$8.00 (410 cal.)
Maple Bourbon Pork Chop-Grilled Pork Chop topped with a maple bourbon bacon jam and goat cheese. \$8.00 (460 cal.)
Pesto Haddock-Seared filet of haddock topped with basil pesto and blistered tomatoes. \$8.00 (360 cal.)
Egg Shakshuka w/ Feta- 🥬 Tomato, egg, spices and feta cheese. \$8.00 (160 cal.)

Green Beans w/ Tomatoes (30 cal.)
Orange Glazed Carrots (100 cal.)
Vegetable Fried Rice (130 cal.)
Honey Garlic Potatoes (100 cal.)

Saturday 9/12

Manhattan Clam Chowder-Chopped clams, carrots, celery, onions, tomatoes, potatoes, garlic and fresh herbs in a rich seafood broth.\$2.75 (80 cal.)

Chicken a la King-Chicken breast, peppers, onions, mushrooms, peas, cream, herbs and spices, served in puff pastry. \$8.00 (640 cal.)
Rum Raisin Ham- Hardwood smoked ham topped with a sweet, tangy orange raisin rum sauce, with clove and cinnamon. \$8.00 (400 cal.)
Pot Roast-Slow braised beef with celery, onions, carrots and tomatoes in a rich burgundy broth. \$8.00 (400 cal.)
Vegetable Cottage Pie-Lentils, mushroom, onion, celery, parsnip, butternut squash, garlic, miso and tomato reduced with red wine and mashed potato crust. \$8.00 (240 cal.)

Roasted Carrots (45 cal.)
Succotash (90 cal.)
Cheddar Bacon Mashed Potatoes (180 cal.)
Pinto Beans w/ Bacon & Tomato (150 cal.)

Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.

Fruit Special of the Week:
Whole Orange

★ New for September | 🍎 Healthier Choice | 🥬 Vegetarian
(under 460 mg sodium, 4 g saturated fat, 10 g added sugar)