

Café on Main Buffet Menu

10/19-10/24

Soup of the Week

Roasted Garlic & Cauliflower Soup-  Roasted cauliflower and garlic pureed in a creamy vegetable broth. \$2.75 (170 cal.)

Monday 10/19

Beer Cheese Soup- Bacon, sharp cheddar cheese and lager beer in chicken broth. \$2.75 (260 cal.)

Chicken Arrabbiata- Bone in chicken breast, braised in tomato, wine, butter and a touch of hot pepper. \$8.00 (490 cal.)

Kielbasa w/ Peppers & Onions-Roasted Kielbasa sausages with caramelized onions and peppers. \$8.00 (550 cal.)

Bourbon Salmon- \$8.00 (305 cal.)

Moroccan Stew -   Moroccan spiced carrots, yams, potatoes, kale, apricots, garbanzo beans and lentils in a vegetable broth. \$8.00 (160 cal.)

Orange Ginger Carrots (100 cal.)

Grilled Asparagus (30 cal.)

Lemon Dill Basmati Rice (170 cal.)

Baked Potato (220 cal.)

Tuesday 10/20

Chicken Florentine Soup-Roasted chicken, celery, onions and spinach in a chicken and cream broth. \$2.75 (290 cal.)

Roasted Turkey Breast w/ Gravy-\$8.00 (190 cal.)

Bourbon Ham- \$8.00 (295 cal.)

Blackened Catfish-  Pan seared Cajun spiced catfish filet \$8.00 (210 cal.)

Black Bean Chili -  Black beans stewed in a vegetable broth with peppers, tomatoes, cumin, coriander and coffee. Topped with cheddar cheese, green onions and served with sour cream. \$8.00 (200 cal.)

Steamed Green Beans (35 cal.)

Sauerkraut (30 cal.)

Apple Stuffing (110 cal.)

Mashed Potatoes (140 cal.)

Wednesday 10/21

Turkey Chili- Turkey, onions and peppers cooked in tomato and chicken broth, garnished with sour cream, scallions and cheddar cheese. \$2.75 (200 cal.)

Chicken Caprese- Grilled chicken breast, tomato, mozzarella, basil pesto, balsamic glaze. \$8.00 (380 cal.)

Braised Pork Shanks-Braised pork shank, tomato demi glaze and gremolata. \$8.00 (360 cal.)

Cod Parmesan-Pan fried, parmesan, lemon, garlic and breadcrumb crusted cod. \$8.00 (500 cal.)

Kung Pao Plant Based “Steak” - Tempura fried plant-based steak in a spicy kung pao sauce with sesame, peppers and peanuts. \$8.00 (500 cal.)

Roasted Brussel Sprouts w/ Bacon (60 cal.)

Blistered Cherry Tomatoes (30 cal.)

Baked Yam (190 cal.)

Roasted Potatoes (125 cal.)

Thursday 10/22

Matar Dal-  Split peas, lentils, vegetable broth, carrots, tomato, ginger and cumin. \$2.75 (80 cal.)

Pulled Pork Sandwich-Barbeque pork shoulder topped with Carolina coleslaw and shaved red onion on a toasted brioche bun. \$8.00 (635 cal.)

Salisbury Steak - Herb and onion seasoned ground beef patty, served with mushroom and onion demi glace. \$8.00 (320 cal.)

Greek Shrimp-Shrimp, tomatoes, garlic, honey, oregano, thyme, feta, grilled pita. \$8.00 (440 cal.)

Vegetable Stew-   Potatoes, carrots, celery, mushrooms and peas in a robust vegetable broth. \$8.00 (150 cal.)

Steamed Broccoli (40 cal.)

Cauliflower au Gratin (100 cal.)

Hushpuppies (210 cal.)

Cheesy Baked Corn (160 cal.)

Friday 10/23

New England Clam Chowder- Chopped clams, celery, onions, potatoes, garlic and fresh herbs in seafood milk broth. \$2.75 (160 cal.)

Chicken & Pork Spezzatino- Italian sausage, chicken breast, peppers, onions, garlic, herbs, wine, butter and balsamic vinegar with potatoes. \$8.00 (405 cal.)

Coffee Rubbed Brisket-Coffee rubbed Beef brisket, braised with tomato, onions, carrots, celery and herbs in a rich beef broth. \$8.00 (560 cal.)

Flounder Piccata-Floured flounder, white wine, lemon, capers and butter. \$8.00 (200 cal.)

Cauliflower Parmesan-  Roasted cauliflower “steak”, topped with mozzarella, fresh basil, parmesan and marinara sauce. \$8.00 (270 cal.)

Steamed Carrots (45 cal.)

Steamed Green Beans (35 cal.)

Bacon Cheddar Mashed Potatoes (200 cal.)

Mushroom Spinach Kugel (185 cal.)

Saturday 10/24

Chicken Noodle Soup-Carrots, celery, onions, roasted chicken and egg noodles in chicken broth. \$2.75 (90 cal.)

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

Pork w/ Sauerkraut-Rosemary, mustard and honey-garlic marinated pork loin served with bacon, onions and sauerkraut. \$8.00 (270 cal.)

Tilapia w/ Shrimp Sauce-Pan seared tilapia and shrimp with a white wine, sherry cream sauce. \$8.00 (630 cal.)

BBQ Jackfruit-  Jackfruit, BBQ sauce \$8.00 (190 cal.)

Cabbage w/ Bacon (85 cal.)

Broccoli au Gratin (110 cal.)

Baked Potato (220 cal.)

Confetti Rice (50 cal.)

Fruit Special of the Week: Clementine

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

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 October