

Chesapeake

October 12th – November 7th

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

Ambrosia Salad   Mixed fruit with, pecans, marshmallows and whipped cream. (150 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.)

Apple Creek Salad  Mixed greens with toasted pecans, dried cherries, blue cheese, apple and house made Dijon-apple vinaigrette. (220 cal.) \$12.00

Spinach Salad with Warm Bacon Dressing  Tender spinach with feta cheese, almonds and dried cranberries tossed with a warmed bacon dressing. (410 cal.) \$12.00

Signature Burger  Smash style griddle seared beef burger with shredded lettuce, tomato and onion, on a toasted brioche bun. (550 cal.) \$15.00

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.)

ASK YOUR SERVER WHICH ENTREES CAN BE “SIMPLY PREPARED”



New for October



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

House Salad ★🍏 Entree Size. Shredded carrots, tomatoes and cucumbers served over a bed of mixed greens. (30 cal.) \$12.00 *Choice or protein: grilled chicken, grilled Shrimp, or tofu.*

BBQ Pulled Chicken ★🍏 Braised chicken breast with a sweet and tangy BBQ sauce. \$12.00 (150 cal.)

Egg Shakshuka with Feta 🍏 Tomato, egg, spices and feta cheese. \$12.00 (160 cal.)

Thai Chili Salmon ★🍏 Salmon filet, broccoli, peppers and onions with a sweet Thai chili sauce. (330 cal.) \$15.00

Pasta

Shrimp Scampi Over Linguine ★ Sautéed shrimp tossed with linguine pasta then finished with white wine, lemon, and garlic. (440 cal.) \$15.00

Spaghetti Carbonara with Grilled Chicken ★ Spaghetti tossed with crispy bacon and a creamy sauce of parmesan and eggs. Topped with grilled chicken. (480 cal.) \$12.00

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

Gluten Friendly Pasta Available

Sea

Honey Walnut Shrimp ★ Pan fried shrimp tossed in a honey aioli sauce, garnished with candied walnuts. (480 cal.) \$15.00

Flounder Meuniere ★ Sautéed flounder, clarified butter, olive oil, lemon, white wine, and parsley. (200 cal.) \$15.00

ASK YOUR SERVER WHICH ENTREES CAN BE "SIMPLY PREPARED"

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Farm

Turkey Pot Pie ★ Turkey breast braised in a savory cream sauce then topped with a flaky pie crust and baked to order. (700 cal.) \$15.00

Beef Pot Roast ★ Slow braised beef with celery, onions, carrots and tomatoes in a rich burgundy broth. \$15.00 (600 cal.)

Grilled Vietnamese Chicken ★ Chicken thigh, soy sauce, oyster sauce, chili sauce and honey. (290 cal.) \$15.00

Pretzel Crusted Pork Chop ★ Pork chop, pretzel, cumin, cayenne, dijon mustard, greek yogurt, rosemary, dijon cream sauce and scallions (600 cal.) \$15.00

Aunt Millies Meat Loaf With diced peppers, onion, ketchup, mustard, herbs and spices - with gravy. (460 cal.) \$12.00

Chinese Style Braised Chicken & Cabbage Chicken thigh, cabbage, carrots, onions, mushrooms, garlic, ginger, oyster and soy sauce with sesame oil. (270 cal.) \$15.00

Grilled Salmon 🍷 Grilled Salmon filet. \$15.00 (250 cal.)

Grilled Chicken 🍷 Herb marinated chicken breast grilled over an open flame. \$12.00 (190 cal.)

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Sides

Mashed Potatoes w/ Gravy (140 cal.)
Buttered Corn (110 cal.)
Brown Rice (180 cal.)
French Fries (350 cal.)

Broccoli Au Gratin (110 cal.)
Parmesan & Garlic Carrots (170 cal.)
Sautéed Spinach (40 cal.)
Braised Red Cabbage (20 cal.)
Mixed Fruit (40 cal.)

**Available Plain:*
Broccoli, Carrots, Spinach