

Chesapeake & Shortline

Sunday Brunch 10/25

SOUPS & SALADS

Soup of the Day- \$2.75
Plain Grits-(130 cal.) \$3.00
Old Fashioned Oats- (110 cal.) \$3.00
House Salad Mixed greens, carrots, tomatoes and cucumber. (10 cal.) \$2.75
Broccoli & Cauliflower Crunch Salad 🥬★ Broccoli, cauliflower, bacon, red onion, raisins and sunflower seeds tossed in an apple mayonnaise. (180 cal.) \$2.75
Mixed Fruit- Mixed seasonal fresh fruits and berries. (40 cal.) \$2.75

Bread of the DAY

Special Bread: Bagel ★ (230 cal.) \$3.25
Biscuit (250 cal.) \$ 1.75

Breakfast Buffet

Cheese Blintz★ Sweet creamed cheese filled, roasted blintz. (300 cal.) \$8.00
Scrambled Eggs (200 cal.) \$2.00
Bacon (110 cal.) \$1.75
Turkey Bacon Available upon request only. (50 cal.)
Sausage Link Roasted pork sausage links. (230 cal.) \$1.75
Turkey Sausage available upon request only. (140 cal.)
Home Fries Russet potatoes, onions, peppers and spices. (120 cal.) \$1.75
Scrapple (130 cal.) \$2.75

Entrée Buffet Specials

Three Sister Stew 🥬★ Carrot, celery, onions, peppers, squash, corn and beans in a tomato and vegetable broth. (130 cal.) \$10.00
Orange Chicken Thigh ★ Chicken thigh, yogurt, garam masala, cumin, cinnamon, ginger, garlic, onion, tomato, jalapeno pepper, chicken broth, heavy cream and cilantro. (350 cal.) \$10.00
Poached Basa with Lemon & Dill★ Basa, white wine, lemon and dill. \$10.00 (170 cal.)
Quinoa and Vegetable Pilaf ★ (60 cal.) \$1.75
Mashed Cauliflower★ (130 cal.) \$1.75
Steamed Broccoli★ (40 cal.) \$1.75
Braised Collard Greens★ (30 cal.) \$1.75

A La Carte From the Griddle

Grill specials come with choice of bacon or turkey bacon (50 cal.),
or turkey sausage (140 cal.) or pork sausage and toast
White, Wheat, or English Muffin toast available
GF Toast available upon request.

Breakfast Platter - Two pancakes (240 cal.) scrambled eggs (200 cal.), suggested choice of protein: sausage (230 cal.), bacon (110 cal.), (Turkey Sausage **or** Turkey Bacon available upon request) \$12.00
Eggs Benedict★ Toasted English muffins topped with Canadian bacon, poached eggs and classic Hollandaise sauce. (960 cal.) \$8.00

Plain Grilled Salmon (240 cal.) **add Bourbon Sauce** (60 cal.) \$9.00
Plain Grilled Chicken (220 cal.) **add Bourbon Sauce** (60 cal.) \$8.00

Desserts

Daily Desserts

Lemon Glazed Blueberry Bread ★ (440 cal.) \$3.25

Healthier Choice

★ New for Week

|



(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.