

SUNDAY'S SPECIALS



SOUPS

Minted Pea

A puréed soup with shallots, peas and chicken stock; served hot and garnished with a fresh mint sour cream.

HC Soup of the Month

Chicken Broth

APPETIZERS & SALADS

Arugula, Orange & Fennel

Baby arugula with fresh orange sections, a cider vinegar, dijon mustard, sherry, and olive oil dressing sprinkled with roasted fresh fennel.

Healthier Choice

**House Garden Salad ~ Fruit Plate / with cottage cheese available, Juices,
NAS Applesauce, Fruit Cup ~ Cole Slaw ~ Sliced Tomato on Bibb Lettuce ~ Fresh Grapefruit Half**

TODAY'S CATCH

Garlic Basil Shrimp

Sautéed shrimp with olive oil, butter, garlic, fresh basil served en casserole; lemon wedge.

Healthier Choice ~ Baked Shrimp, lemon, white wine, basil

MAIN ENTREES

Honey Butter Chicken Skewers

Cubes of dark meat chicken simmered with a blend of soy sauce, rice vinegar, garlic and honey; skewered and grilled with red onion and a honey butter glaze.

Healthier Choice ~ Grilled Marinated Chicken Breast

Marinated with olive oil, white wine, seasonings and grilled to order.

Mediterranean Tuna Salad Sandwich

Tuna salad prepared with grape tomatoes, kalamata olives, cucumber, red onion, fresh parsley and feta with olive oil and lemon juice. Served on whole grain bread.

Pasta du Jour ~ Available daily, ask your server

ACCOMPANIMENTS

HC Carnival Rice (brown rice, cilantro, lime)

Lemon Butter Brussels Sprouts ~ HC Steamed Brussels Sprouts

Baked Sweet or Idaho Potatoes, Rice Pilaf, Mashed Potatoes, Onion Rings, French Fries
Pasta Marinara, Steamed Carrots, Spinach, Broccoli, Sautéed Spinach

**Meat Temperature Guide: Rare ~ cool red center, Medium Rare ~ warm red center,
Medium ~ pink center, Medium Well ~ minimum pink, Well Done ~ no pink**

*Contains a spicy ingredient

‡ Consumption of raw or undercooked foods of animal origin may increase your risk of food borne illness. Consumers who are especially vulnerable to food borne illness should only eat food from animals thoroughly cooked.

HC – Healthier Choice (leaner meats and seafood, never fried, no added salt, no butter, no cream or cheese. May contain olive oil, light mayonnaise, light salad dressing, low fat sour cream, Lactaid or sugar.

MONDAY'S SPECIALS



SOUPS

Green Gazpacho

A chilled soup with cucumber, avocado, green bell peppers, red onion, vegetable broth and garlic; seasoned with fresh lime juice, parsley, cilantro with a cucumber, microgreens and sour cream garnish.

HC Soup of the Month

Chicken Broth

APPETIZERS & SALADS

Arugula, Orange & Fennel

Baby arugula with fresh orange sections, a cider vinegar, dijon mustard, sherry, and olive oil dressing sprinkled with roasted fresh fennel.

Healthier Choice

**House Garden Salad ~ Fruit Plate / with cottage cheese available, Juices,
NAS Applesauce, Fruit Cup ~ Cole Slaw ~ Sliced Tomato on Bibb Lettuce ~ Fresh Grapefruit Half**

TODAY'S CATCH

Catch du Jour

Ask your server about today's fresh catch.

Healthier Choice Available

MAIN ENTREES

Caprese Chicken

Sautéed chicken breast with pesto sauce, mozzarella, fresh basil, tomato and balsamic glaze drizzle.

Beef Caesar Salad

Julienne grilled beef tenderloin with crisp romaine, croutons, grated parmesan and Caesar dressing.

Healthier Choice ~ no cheese, no croutons, hc dressing

Pasta du Jour ~ Available daily, ask your server

ACCOMPANIMENTS

Herb Roasted Potatoes

HC with herbs, no added salt

Roasted Mixed Summer Vegetables ~ HC steamed if desired, nas

Baked Sweet or Idaho Potatoes, Rice Pilaf, Mashed Potatoes, Onion Rings, French Fries
Pasta Marinara, Steamed Carrots, Spinach, Broccoli, Sautéed Spinach

Meat Temperature Guide:

Rare ~ cool red center, Medium Rare ~ warm red center,

Medium ~ pink center, Medium Well ~ minimum pink, Well Done ~ no pink

*Contains a spicy ingredient

‡ Consumption of raw or undercooked foods of animal origin may increase your risk of food borne illness. Consumers who are especially vulnerable to food borne illness should only eat food from animals thoroughly cooked.

HC - Healthier Choice NAS - no added salt

TUESDAY'S SPECIALS



SOUPS

Chicken Quinoa

Diced chicken, quinoa, and fresh dill simmered with chicken stock and vegetables.

HC Soup of the Month

Chicken Broth

APPETIZERS & SALADS

Arugula, Orange & Fennel

Baby arugula with fresh orange sections, a cider vinegar, dijon mustard, sherry, and olive oil dressing sprinkled with roasted fresh fennel.

Healthier Choice

**House Garden Salad ~ Fruit Plate / with cottage cheese available, Juices,
NAS Applesauce, Fruit Cup ~ Cole Slaw ~ Sliced Tomato on Bibb Lettuce ~ Fresh Grapefruit Half**

TODAY'S CATCH

Halibut with Heirloom Tomatoes

Pan seared halibut with grapeseed oil and a fresh thyme and lemon pan sauce, sautéed heirloom tomatoes; lemon wedge

Healthier Choice

MAIN ENTREES

Shrimp Mango Bowl

Sautéed shrimp served on a bed of Nappa cabbage, mango, cucumber and avocado with a sesame dressing containing ginger, honey, lime juice, sesame oil, and miso – soybean paste). Cilantro garnish.

Healthier Choice

***‡ Cola Marinated Grilled Flank Steak**

Marinated with teriyaki, cola, onion, garlic, red wine vinegar, olive oil and some hot sauce then grilled.

Pasta du Jour ~ Available daily, ask your server

ACCOMPANIMENTS

Barley Pine Nut Pilaf ~ HC no added salt

Corn on the Cobb

Baked Sweet or Idaho Potatoes, Rice Pilaf, Mashed Potatoes, Onion Rings, French Fries
Pasta Marinara, Steamed Carrots, Spinach, Broccoli, Sautéed Spinach

Meat Temperature Guide:

Rare ~ cool red center, Medium Rare ~ warm red center,

Medium ~ pink center, Medium Well ~ minimum pink, Well Done ~ no pink

*Contains a spicy ingredient

‡ Consumption of raw or undercooked foods of animal origin may increase your risk of food borne illness. Consumers who are especially vulnerable to food borne illness should only eat food from animals thoroughly cooked.

HC – Healthier Choice

WEDNESDAY'S SPECIALS



SOUPS

Summer Minestrone

Sautéed leeks, red bell pepper, celery, and onions simmered in vegetable stock with fresh summer vegetables, cannellini beans, ditalini pasta and grated parmesan garnish.

HC Soup of the Month

Chicken Broth

APPETIZERS & SALADS

Tableside Caesar Salad

Crisp romaine lettuce tossed with Caesar dressing, croutons and fresh parmesan cheese.

**House Garden Salad ~ Fruit Plate / with cottage cheese available, Juices,
NAS Applesauce, Fruit Cup ~ Cole Slaw ~ Sliced Tomato on Bibb Lettuce ~ Fresh Grapefruit Half**

TODAY'S CATCH

Sautéed Cod with Greek Walnut Salsa

Salsa contains tomato, cucumber, kalamata olives, red onion, parsley, garlic, oregano, walnuts, and olive oil.

Healthier Choice ~ Baked Cod, lemon, white wine

MAIN ENTREES

Chicken Teriyaki Pineapple Bowl

Sautéed chicken chunks with sesame oil, soy sauce, garlic, ginger and brown sugar served in a fresh pineapple bowl with white rice, pineapple and toasted sesame seed garnish.

***‡ Grilled Tenderloin over Arugula**

Roast tenderloin with a slightly spicy rub served over arugula in an olive oil, lime, shallot dressing.

Healthier Choice ~ dressing of choice, no lime dressing

Pasta du Jour ~ Available daily, ask your server

ACCOMPANIMENTS

Red Pepper Mashed Potatoes ~ HC Baked Potato

Steamed Green Beans

Baked Sweet or Idaho Potatoes, Rice Pilaf, Mashed Potatoes, Onion Rings, French Fries
Pasta Marinara, Steamed Carrots, Spinach, Broccoli, Sautéed Spinach

Meat Temperature Guide:

Rare ~ cool red center, Medium Rare ~ warm red center,

Medium ~ pink center, Medium Well ~ minimum pink, Well Done ~ no pink

*Contains a spicy ingredient

‡ Consumption of raw or undercooked foods of animal origin may increase your risk of food borne illness. Consumers who are especially vulnerable to food borne illness should only eat food from animals thoroughly cooked.

HC - Healthier Choice

THURSDAY'S SPECIALS



SOUPS

Twice Baked Potato

Caramelized onion, pureed with celery, potatoes, bacon, chicken stock, sour cream and cream; garnished with fresh chives.

HC Soup of the Month

Chicken Broth

APPETIZERS & SALADS

Arugula, Orange & Fennel

Baby arugula with fresh orange sections, a cider vinegar, dijon mustard, sherry, and olive oil dressing sprinkled with roasted fresh fennel.

Healthier Choice

**House Garden Salad ~ Fruit Plate / with cottage cheese available, Juices,
NAS Applesauce, Fruit Cup ~ Cole Slaw ~ Sliced Tomato on Bibb Lettuce ~ Fresh Grapefruit Half**

TODAY'S CATCH

Italian Herb Crusted Sea Bass

Fresh sea bass baked in an herb crust; finished with lemon butter sauce with white wine and garlic.

Healthier Choice ~ Baked with lemon, white wine, fresh herbs

MAIN ENTREES

Greek Grain Bowl

Grilled chicken breast served over farro with tomato, cucumber, lemon and finished with plain Greek yogurt and feta cheese.

‡ Rack of Lamb

Roasted rack of lamb served with mint jelly.

Healthier Choice ~ no jelly

Pasta du Jour ~ Available daily, ask your server

ACCOMPANIMENTS

Hasselback Potato

(red new potatoes sliced and roasted with oil, garlic, kosher salt and pepper)

HC Steamed New Potatoes

Sautéed Minted Peas ~ HC Steamed Peas

Baked Sweet or Idaho Potatoes, Rice Pilaf, Mashed Potatoes, Onion Rings, French Fries

Pasta Marinara, Steamed Carrots, Spinach, Broccoli, Sautéed Spinach

Meat Temperature Guide:

Rare ~ cool red center, Medium Rare ~ warm red center,

Medium ~ pink center, Medium Well ~ minimum pink, Well Done ~ no pink

*Contains a spicy ingredient

‡ Consumption of raw or undercooked foods of animal origin may increase your risk of food borne illness. Consumers who are especially vulnerable to food borne illness should only eat food from animals thoroughly cooked. **HC - Healthier Choice**

FRIDAY'S SPECIALS



SOUPS

Manhattan Clam Chowder

Clams, clam broth and potatoes simmered with tomatoes and seasonings.

HC Soup of the Month ~ Chicken Broth

APPETIZERS & SALADS

Arugula, Orange & Fennel

Baby arugula with fresh orange sections, a cider vinegar, dijon mustard, sherry, and olive oil dressing sprinkled with roasted fresh fennel.

Healthier Choice

**House Garden Salad ~ Fruit Plate / with cottage cheese available, Juices,
NAS Applesauce, Fruit Cup ~ Cole Slaw ~ Sliced Tomato on Bibb Lettuce ~ Fresh Grapefruit Half**

TODAY'S CATCH

Beer Better Fish & Chips

Served with French fries, cole slaw and tartar sauce.

Healthier Choice ~ Baked Cod, lemon, white wine

MAIN ENTREES

Chicken Marsala

Sautéed chicken breast finished with a mushroom, beef, chicken broth and marsala wine reduction.

Healthier Choice ~ Chicken Marsala

‡ Prime Rib

Done to your liking and served au jus or with horseradish sauce.

Pasta du Jour ~ Available daily, ask your server

ACCOMPANIMENTS

Whipped Sweet Potatoes

HC Baked Sweet Potato

Asparagus Shitake Mushrooms (sesame oil)

HC Steamed Asparagus

Baked Sweet or Idaho Potatoes, Rice Pilaf, Mashed Potatoes, Onion Rings, French Fries
Pasta Marinara, Steamed Carrots, Spinach, Broccoli, Sautéed Spinach

Meat Temperature Guide:

Rare ~ cool red center, Medium Rare ~ warm red center,

Medium ~ pink center, Medium Well ~ minimum pink, Well Done ~ no pink

*Contains a spicy ingredient

‡ Consumption of raw or undercooked foods of animal origin may increase your risk of food borne illness. Consumers who are especially vulnerable to food borne illness should only eat food from animals thoroughly cooked.

HC - Healthier Choice

SATURDAY'S SPECIALS



SOUPS

Chicken Vegetable

Sautéed bell peppers, green onion, garlic and smoked paprika simmered in chicken stock with great northern beans, corn, green beans, zucchini, diced chicken, fresh dill and lime juice; green onion garnish.

HC Soup of the Month

Chicken Broth

APPETIZERS & SALADS

Arugula, Orange & Fennel

Baby arugula with fresh orange sections, a cider vinegar, dijon mustard, sherry, and olive oil dressing sprinkled with roasted fresh fennel.

Healthier Choice

**House Garden Salad ~ Fruit Plate / with cottage cheese available, Juices,
NAS Applesauce, Fruit Cup ~ Cole Slaw ~ Sliced Tomato on Bibb Lettuce ~ Fresh Grapefruit Half**

TODAY'S CATCH

‡Grilled Swordfish

Fresh swordfish steak, grilled with olive oil, seasonings and served with a lemon wedge.

Healthier Choice ~ garlic powder, pepper, no added salt

MAIN ENTREES

Chinese Chicken with Spring Scallions

Sautéed julienne strips of chicken with sesame oil, garlic, scallions, low sodium soy sauce, five spice, sugar and chicken stock. Served over rice.

‡ Sirloin Steak with *Chimichurri Sauce (on side available)

Grilled sirloin done to your liking and finished with a chilled herb sauce with jalapeno, cilantro, oregano, parsley, lime and olive oil.

Healthier Choice ~ Plain Grilled Sirloin

Pasta du Jour ~ Available daily, ask your server

ACCOMPANIMENTS

HC Jasmine Rice

Roasted Zucchini Medley (zucchini, summer squash, plum tomatoes) ~ HC Steamed Zucchini

Baked Sweet or Idaho Potatoes, Rice Pilaf, Mashed Potatoes, Onion Rings, French Fries
Pasta Marinara, Steamed Carrots, Spinach, Broccoli, Sautéed Spinach

Meat Temperature Guide:

**Rare ~ cool red center, Medium Rare ~ warm red center,
Medium ~ pink center, Medium Well ~ minimum pink, Well Done ~ no pink**

*Contains a spicy ingredient

‡ Consumption of raw or undercooked foods of animal origin may increase your risk of food borne illness. Consumers who are especially vulnerable to food borne illness should only eat food from animals thoroughly cooked.

HC - Healthier Choice