

SUNDAY'S SPECIALS



SOUPS

Roasted Tomato

Roasted plum tomatoes pureed with vegetables, fresh basil and vegetable stock.

Chicken Broth

HC Soup of the Month

APPETIZERS & SALADS

Baby Spinach, Mushroom & Egg

Fresh baby spinach, mushrooms, hard cooked egg and bacon with choice of dressing.

Healthier Choice ~ egg white no yolk, no bacon, healthy dressing of 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

Poached Seafood in Saffron Broth

Sautéed shrimp, mussels, cod and salmon in a fennel, tomato saffron broth with white wine and garlic.

Healthier Choice

MAIN ENTREES

Chicken Diane

Pan seared chicken in a creamy, savory sauce with brandy, mushrooms, shallots, Dijon mustard and heavy cream.

Healthier Choice ~ Grilled Mrs. Dash Chicken Breast

Grilled Reuben Sandwich

Thinly sliced corned beef brisket grilled on pumpernickel bread with swiss cheese, sauerkraut and Russian dressing.

Pasta du Jour ~ Available daily, ask your server

ACCOMPANIMENTS

***Tavern Fries (cajun spice, grated parmesan) ~ HC Baked Sweet Potato**

HC Steamed Brussels Sprouts (lemon and thyme)

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

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

MONDAY'S SPECIALS



SOUPS

Cream of Chicken

Diced chicken, celery and onions simmered in chicken stock and finished with cream.

Chicken Broth

HC Soup of the Month

APPETIZERS & SALADS

Baby Spinach, Mushroom & Egg

Fresh baby spinach, mushrooms, hard cooked egg and bacon with choice of dressing.

Healthier Choice ~ egg white no yolk, no bacon, healthy dressing of 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

***Javanese Salmon**

Pan seared salmon topped and baked with a buttery sauce with red pepper flakes, garlic, brown sugar, lime juice and soy sauce.

Healthier Choice ~ Baked Salmon, lemon, white wine

MAIN ENTREES

Chicken Chasseur

Sautéed chicken breast with mushrooms, onions, plum tomatoes and a beef demi-glace.

‡ Grilled Marinated Beef Tips

Grilled, marinated tenderloin tips with seasonings and red wine.

Healthier Choice ~ Grilled Tenderloin Tips, Mrs. Dash Seasoning

Pasta du Jour ~ Available daily, ask your server

ACCOMPANIMENTS

HC Basmati Rice

Garlic & Cashew Broccoli (contains brown sugar, soy sauce)

HC Steamed Broccoli

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

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

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TUESDAY'S SPECIALS



SOUPS

Minestrone Genovese

Sautéed vegetables, kidney beans, chickpeas simmered in vegetable stock and finished with grated parmesan cheese, ditalini pasta and fresh basil.

Chicken Broth

HC Soup of the Month

APPETIZERS & SALADS

Baby Spinach, Mushroom & Egg

Fresh baby spinach, mushrooms, hard cooked egg and bacon with choice of dressing.

Healthier Choice ~ egg white no yolk, no bacon, healthy dressing of 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 special.

Healthier Choice ~ available

MAIN ENTREES

Crispy Roast Duck Half

A roasted half duck finished with a fresh sage fig sauce.

(contains sugar, orange juice)

Healthier Choice ~ no sauce

Italian Beef Braciole

Prepared with garlic, parsley, tomato sauce and parmesan cheese.

Pasta du Jour ~ Available daily, ask your server

ACCOMPANIMENTS

Melting Potatoes ~ HC Baked Potato

Sautéed Escarole, Pine Nuts & Garlic

HC Steamed Escarole

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

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HC - Healthier Choice

WEDNESDAY'S SPECIALS



SOUPS

Gruyere Sweet Potato

Simmered in vegetable stock with onion, celery, sage, cinnamon, nutmeg, finished with cream.

Chicken Broth

HC Soup of the Month

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

Shrimp & Pasta Rags

Sautéed shrimp tossed with pasta rags, asparagus, basil, grape tomatoes, shallots, parmesan and garlic.

Healthier Choice ~ Baked Shrimp, lemon, white wine

MAIN ENTREES

Chicken Cordon Bleu

Rolled chicken breast filled with ham and swiss, lightly breaded and fried, finished with supreme sauce.

Healthier Choice ~ Grilled Marinated Chicken Breast

Yankee Pot Roast

Braised with carrots, celery, onions, beef stock, thyme and plum tomatoes;
finished with pan gravy.

Pasta du Jour ~ Available daily, ask your server

ACCOMPANIMENTS

HC Boiled New Potatoes

Corn Lyonnaise

HC Steamed Corn

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

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HC - Healthier Choice

THURSDAY'S SPECIALS



SOUPS

Three Onion

Caramelized onions with leeks simmered in beef stock with garlic, sherry and seasonings; served with a garnish of toasted cubed French bread and shredded gruyere cheese.

Chicken Broth

HC Soup of the Month

APPETIZERS & SALADS

Baby Spinach, Mushroom & Egg

Fresh baby spinach, mushrooms, hard cooked egg and bacon with choice of dressing.

Healthier Choice ~ egg white no yolk, no bacon, healthy dressing of 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

*** Tomato Salsa Cod Filet**

Baked cod finished with a seasoned tomatillo, onion, red pepper, cilantro salsa (contains chili powder).

Healthier Choice ~ Baked Cod, lemon, white wine

MAIN ENTREES

‡ Grilled Filet Mignon

Grilled filet mignon done to your liking and finished with a port wine sauce.

Healthier Choice ~ no sauce

Eggplant Parmigiana

Baked and breaded eggplant with layers of marinara sauce and mozzarella cheese.

Pasta du Jour ~ Available daily, ask your server

ACCOMPANIMENTS

Risotto

HC Steamed Brown Rice

Parmesan Roasted Cauliflower

HC Steamed Cauliflower

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

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

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FRIDAY'S SPECIALS



SOUPS

Shrimp Chowder

Prepared with potatoes, cream, sherry, titi shrimp and shrimp stock.

Chicken Broth

HC Soup of the Month

APPETIZERS & SALADS

Baby Spinach, Mushroom & Egg

Fresh baby spinach, mushrooms, hard cooked egg and bacon with choice of dressing.

Healthier Choice ~ egg white no yolk, no bacon, healthy dressing of 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

Greek Style Bronzino

Sautéed with olive oil, garlic, tomatoes, oregano, white wine, lemon and butter.

Healthier Choice ~ lightly sautéed, no added butter, no salt

MAIN ENTREES

Lamb Navarin

Braised cubed lamb with turnip, carrots, pearl onions, tomato, red wine and seasonings, finished with peas.

Healthier Choice

Chicken Italiano

Chicken breast rolled with pesto sauce, prosciutto and provolone cheese; baked with breadcrumbs and melted butter (contains egg).

Pasta du Jour ~ Available daily, ask your server

ACCOMPANIMENTS

Twice Baked Potato

HC Baked Potato

HC Maple Ginger Roasted Vegetables

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

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SATURDAY'S SPECIALS



SOUPS

Chicken Escarole

Vegetables, chicken meat and escarole simmered in chicken stock and finished with orzo and parmesan cheese.

Chicken Broth

HC Soup of the Month

APPETIZERS & SALADS

Baby Spinach, Mushroom & Egg

Fresh baby spinach, mushrooms, hard cooked egg and bacon with choice of dressing.

Healthier Choice ~ egg white no yolk, no bacon, healthy dressing of 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

Baked Stuffed Shrimp

Prepared with seafood stuffing and melted butter.

Healthier Choice ~ Baked Shrimp, lemon, white wine

MAIN ENTREES

‡ Roast Sirloin of Beef

Served au jus.

Healthier Choice

Chicken Oscar

Sautéed chicken cutlet finished with asparagus spears, crabmeat and bearnaise sauce.

Pasta du Jour ~ Available daily, ask your server

ACCOMPANIMENTS

Herb Roasted Potatoes ~ HC Herb Roasted Potatoes

Green Bean Casserole

HC Steamed Green Beans

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

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