

SUNDAY'S SPECIALS



SOUPS

Chouriço, Lentil, Chickpea

Chouriço, lentils and chickpeas simmered in chicken stock with smoked paprika, garlic and vegetables.

HC Soup of the Month

Chicken Broth

APPETIZERS & SALADS

Mesclun Greens

Garnished with dried cranberries, cherries and apricots. Served with choice of dressing.

Healthier Choice ~ no dried fruit, 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 selection.

Healthier Choice ~ available

MAIN ENTREES

London Broil

Marinated flank steak sliced thin and finished with red wine mushroom sauce.

Turkey, Apple, Brie Panini

Turkey, sliced apple, and brie cheese grilled on whole grain bread with cranberry and mayonnaise.

Healthier Choice ~ Turkey Sandwich

(whole grain bread with apple slices, cranberry sauce and low-fat mayonnaise)

Pasta du Jour ~ Available daily, ask your server

ACCOMPANIMENTS

Whipped Red Bliss Potatoes

HC Steamed New Potatoes

Baked Acorn Squash ~ HC Acorn Squash

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

MONDAY'S SPECIALS



SOUPS

Chicken Noodle

Fresh from our kitchen.

HC Soup of the Month

Chicken Broth

APPETIZERS & SALADS

Mesclun Greens

Garnished with dried cranberries, cherries and apricots. Served with choice of dressing.

Healthier Choice ~ no dried fruit, 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

New England Codfish Cakes

Prepared in our kitchen and served with baked beans, brown bread and tartar sauce.

Healthier Choice ~ Baked Scrod, lemon, white wine

MAIN ENTREES

Chicken Marsala Quarter

Choice of white or dark meat chicken marsala, prepared with low sodium chicken and beef stock.

Healthier Choice ~ Chicken Marsala, white meat

***Porchetta Pork Roast**

A savory Italian pork roast rolled with herbs and bread crumbs (contains pine nuts and chili flakes).

Pasta du Jour ~ Available daily, ask your server

ACCOMPANIMENTS

HC Steamed Brown Rice

Green Beans Lyonnaise

HC Steamed Green Beans

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

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HC - Healthier Choice

TUESDAY'S SPECIALS



SOUPS

Roasted Parsnip Carrot

Roasted parsnips and carrots simmered in vegetable stock with onions.

HC Soup of the Month Chicken Broth

APPETIZERS & SALADS

Mesclun Greens

Garnished with dried cranberries, cherries and apricots. Served with choice of dressing.

Healthier Choice ~ no dried fruit, 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 Panko Crusted Salmon

Fresh salmon filet topped and baked with fresh seasoned panko crumbs,
(kalamata olives, sundried tomatoes, green olives, garlic, thyme, Dijon, rosemary and butter).

Healthier Choice ~ Baked Salmon, lemon, white wine

MAIN ENTREES

Chicken Scarpariello

An Italian American dish with browned chicken quarter, sweet Italian sausage, peppers,
mushrooms and marinara sauce. Choice of white or dark meat.

Healthier Choice ~ Grilled Marinated Chicken Breast

Liver, Onions & Bacon

Sauteed calves' liver and onions finished with bacon strips.

Pasta du Jour ~ Available daily, ask your server

ACCOMPANIMENTS

HC Barley Pilaf

HC Zucchini Provençale

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

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HC - Healthier Choice

WEDNESDAY'S SPECIALS



SOUPS

Creamy Tomato Basil

Fresh tomatoes simmered in vegetable stock and finished with basil and cream.

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

Baked Halibut

Coated and sautéed with chopped walnuts, thyme and dijon mustard.
(contains egg whites)

Healthier Choice ~ Baked Halibut, lemon, white wine

MAIN ENTREES

Chicken Broccoli Alfredo

Sautéed julienne chicken with broccoli, alfredo sauce and penne pasta.

‡ Rack of Lamb

Roasted rack of lamb served with mint jelly.

Healthier Choice

Pasta du Jour ~ Available daily, ask your server

ACCOMPANIMENTS

Bin Bang Potatoes

(roasted with parmesan cheese and herbs)

HC Baked Sweet Potato

Brussels Sprouts with Lemon Butter

HC Steamed Brussels Sprouts, lemon zest

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

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HC - Healthier Choice

THURSDAY'S SPECIALS



SOUPS

Creamy Wild Rice

Wild rice, cremini mushrooms, garlic and vegetables simmered in vegetable stock with fresh rosemary, thyme and cream.

HC Soup of the Month

Chicken Broth

APPETIZERS & SALADS

Mesclun Greens

Garnished with dried cranberries, cherries and apricots. Served with choice of dressing.

Healthier Choice ~ no dried fruit, 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

Shrimp Cakes

Prepared fresh in house and served with choice of *Remoulade sauce (contains anchovies, onions, capers, horseradish, mustard, hot sauce) or tartar sauce.

Healthier Choice ~ Baked Shrimp, lemon, white wine

MAIN ENTREES

*** Crystal's Chicken Wings**

Fried chicken wings seasoned with garlic, onion and Cajun seasoning. Served with carrot sticks, celery sticks and ranch dressing.

‡ Filet Mignon

Grilled to your liking.

Healthier Choice

Pasta du Jour ~ Available daily, ask your server

ACCOMPANIMENTS

Bleu Cheese Whipped Potatoes ~ HC Baked Potato

HC Mandarin Orange Carrots

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

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HC - Healthier Choice

FRIDAY'S SPECIALS



SOUPS

***Creole Crab Chowder**

Vegetables, kielbasa, potatoes and crab simmered in crab stock with bacon, onions and cajun seasoning; garnished with scallion rings.

HC Soup of the Month Chicken Broth

APPETIZERS & SALADS

Mesclun Greens

Garnished with dried cranberries, cherries and apricots. Served with choice of dressing.

Healthier Choice ~ no dried fruit, 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

Beer Batter Fish & Chips

Served with cole slaw, french fries and tartar sauce.

Healthier Choice ~ Baked Scrod, lemon, white wine, parsley, Mrs. Dash

MAIN ENTREES

‡*Herb Roasted Sirloin

Beef sirloin rubbed with herbs, coarse black pepper and roasted to perfection; served au jus.

Healthier Choice

Sautéed Chicken Medallions

Sautéed chicken medallions with mushrooms, white wine, chicken stock, tarragon and parsley.

Pasta du Jour ~ Available daily, ask your server

ACCOMPANIMENTS

Fondant Potatoes ~ HC Steamed Yukon Potatoes

Broiled Tomato

(butter, crumbs, parmesan cheese)

HC Broiled Tomato

(Mrs. Dash seasoning)

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

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HC - Healthier Choice

SATURDAY'S SPECIALS



SOUPS

Vegetable Beef

A medley of sautéed vegetables simmered with beef broth, potatoes, basil, oregano, tomatoes and ground beef.

HC Soup of the Month

Chicken Broth

APPETIZERS & SALADS

Mesclun Greens

Garnished with dried cranberries, cherries and apricots. Served with choice of dressing.

Healthier Choice ~ no dried fruit, 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

***Cioppino**

A tomato-based seafood stew with littlenecks, mussels, fish, scallops and shrimp (contains red pepper flakes). Served with toasted crostini.

Healthier Choice ~ Baked Shrimp, scallops and whitefish with lemon and white wine.

MAIN ENTREES

Veal Angelica

Prosciutto, provolone cheese and asparagus rolled into a veal cutlet, then sautéed with mushrooms, onions, red peppers, red wine and served au jus.

Healthier Choice ~ Grilled Marinated Chicken Breast

Cauliflower Crust Pizza

Ask your server about our chef's choice of the day.

Pasta du Jour ~ Available daily, ask your server

ACCOMPANIMENTS

HC Rosemary Roasted Potatoes

HC Whipped Butternut Squash

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

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