

SUNDAY'S SPECIALS



SOUPS

Chicken Escarole

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

Healthier Choice Soup of the Month

Chicken Broth

APPETIZERS & SALADS

Arugula, Edamame & Orange

Edamame, grape tomatoes, fresh orange sections, celery, raisins and toasted sesame seeds tossed with a ruby red grapefruit, sesame, olive oil dressing; served on a bed of arugula.

Healthier Choice ~ Served plain with choice of healthy dressing on side.

**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

Scallion Crusted Cod

A fresh cod filet topped and baked with a buttery crumb scallion mixture; served with a lemon wedge.

Healthier Choice ~ Baked Scrod, lemon, white wine, lemon wedge

MAIN ENTREES

Chicken Vermont

A sautéed chicken breast in a brandy, maple syrup reduction; garnished with bacon.

Healthier Choice ~ Grilled Marinated Chicken Breast

Roast Beef Cheddar Dip Sandwich

Thinly sliced roast beef served on a French baguette with melted cheddar cheese, creamy horseradish sauce and sautéed onions; served au jus.

Pasta du Jour ~ Available daily, ask your server

ACCOMPANIMENTS

Scalloped Potatoes

(cheddar, parmesan, onion, garlic, butter, chicken stock)

HC Baked Sweet Potato

HC Roasted Butternut with Cranberries

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

Minestrone

Plum tomatoes, kidney beans, and ditalini pasta simmered in vegetable stock with grated parmesan.

Healthier Choice Soup of the Month

Chicken Broth

APPETIZERS & SALADS

Arugula, Edamame & Orange

Edamame, grape tomatoes, fresh orange sections, celery, raisins and toasted sesame seeds tossed with a ruby red grapefruit and sesame, olive oil dressing; served on a bed of arugula.

Healthier Choice ~ Served plain with choice of healthy dressing on side.

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 selection.

Healthier Choice ~ available

MAIN ENTREES

***Stir Fry Cashew Chicken**

Stir fried in sesame oil with julienne vegetables and finished with a sherry wine, ginger, hoisin sauce (contains chili paste), served over white rice.

***‡ Coffee Crusted Sirloin Steak**

Grilled sirloin steak with a coffee, cumin, garlic, ancho chili and brown sugar rub.

‡ Healthier Choice ~ Plain Grilled Sirloin Steak

Pasta du Jour ~ Available daily, ask your server

ACCOMPANIMENTS

Roasted Garlic Mashed Potatoes

HC Baked Potato

Sautéed Vegetable Medley ~ HC Steamed Vegetable Medley

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

Beef Noodle

Diced beef, red peppers and onions simmered in beef stock.

Healthier Choice Soup of the Month

Chicken Broth

APPETIZERS & SALADS

Arugula, Edamame & Orange

Edamame, grape tomatoes, fresh orange sections, celery, raisins and toasted sesame seeds tossed with a ruby red grapefruit and sesame, olive oil dressing; served on a bed of arugula.

Healthier Choice ~ Served plain with choice of healthy dressing on side.

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

Asian Salmon

Fresh salmon marinated and baked with sesame oil, rice vinegar, soy sauce, brown sugar, garlic.

Healthier Choice ~ Grilled Salmon Filet, lemon wedge

MAIN ENTREES

Creamy Chicken Piccata

Sautéed chicken medallions with chicken stock, garlic, white wine, capers, lemon and cream served over a bed of gnocchi pasta.

Healthier Choice ~ Mrs. Dash Grilled Chicken Breast

Spinach & Cheese Ravioli

Spinach ravioli filled with a ricotta cheese and spinach blend, finished with marinara sauce.

Pasta du Jour ~ Available daily, ask your server

ACCOMPANIMENTS

HC Steamed Brown Rice

Sautéed Asparagus, Red Peppers, Shallots

HC Steamed Asparagus

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

Potato Leek

Leeks, potatoes, onion, garlic and celery simmered in vegetable stock; finished with cream, served hot.

Healthier Choice 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

Lemon Butter Scallops

Fresh sea scallops baked with butter, lemon, garlic and parsley.

Healthier Choice ~ Baked Scallops, lemon, white wine

MAIN ENTREES

Chicken Veronique

Sautéed chicken breast with shallots, white wine, cream and green grapes.

Healthier Choice ~ Grilled Marinated Chicken Breast

Braised Boneless Short Ribs

Braised in chicken stock with fresh herbs, vegetables, and red wine, served over creamy polenta (contains cream and parmesan cheese).

Pasta du Jour ~ Available daily, ask your server

ACCOMPANIMENTS

HC Steamed New Potatoes with Herbs

Sautéed Zucchini & Cherry Tomatoes (garlic and basil)

HC Steamed Zucchini & Cherry Tomatoes

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

Parsnip Apple

A creamy soup with sautéed parsnip, apples and seasonings simmered in chicken stock.

**Healthier Choice Soup of the Month
Chicken Broth**

APPETIZERS & SALADS

Arugula, Edamame & Orange

Edamame, grape tomatoes, fresh orange sections, celery, raisins and toasted sesame seeds tossed with a ruby red grapefruit and sesame, olive oil dressing; served on a bed of arugula.

Healthier Choice ~ Served plain with choice of healthy dressing on side.

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

Baby Clams over Angel Hair Pasta

Sautéed clams with sundried tomatoes, garlic, basil, white wine and parsley; served over angel hair pasta.

Healthier Choice

MAIN ENTREES

***General Tsao Chicken**

Marinated chicken with rice vinegar, white wine and oyster sauce, sautéed with broccoli and peanuts; served over jasmine rice, with chopped scallion garnish.

Healthier Choice ~ Grilled Chicken Breast with Mrs. Dash seasoning

Baked Meatloaf

Prepared in house and served with mushroom sauce.

Pasta du Jour ~ Available daily, ask your server

ACCOMPANIMENTS

Sage Onion Mashed Potatoes

HC Baked Potato

Sautéed Peas & Pearl Onions

HC Steamed Peas

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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FRIDAY'S SPECIALS



SOUPS

Manhattan Clam Chowder

Vegetables, potatoes, tomatoes and clams simmered in clam stock.

Healthier Choice Soup of the Month Chicken Broth

APPETIZERS & SALADS

Arugula, Edamame & Orange

Edamame, grape tomatoes, fresh orange sections, celery, raisins and toasted sesame seeds tossed with a ruby red grapefruit and sesame, olive oil dressing; served on a bed of arugula.

Healthier Choice ~ Served plain with choice of healthy dressing on side.

**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

***Swordfish Puttanesca**

Pan seared swordfish steak finished with puttanesca sauce
(olive oil, garlic, anchovies, grape tomatoes, capers, vinegar, cayenne pepper and fresh parsley).

Healthier Choice ~ Grilled Swordfish, lemon wedge

MAIN ENTREES

Cornish Hen

Roasted half hen served with a port wine, apricot and balsamic vinegar reduction.

‡ Roast Tenderloin

Done to your liking and finished with cognac sauce (shallots, cracked peppercorns, thyme, cream).

Healthier Choice ~ no sauce

Pasta du Jour ~ Available daily, ask your server

ACCOMPANIMENTS

HC Wild Rice

Spinach Timbale

(contains egg, milk, custard)

HC Steamed Spinach

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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SATURDAY'S SPECIALS



SOUPS

Vegetable Chowder

A medley of vegetables simmered in vegetable stock and finished with cheddar cheese and cream.

Healthier Choice Soup of the Month Chicken Broth

APPETIZERS & SALADS

Arugula, Edamame & Orange

Edamame, grape tomatoes, fresh orange sections, celery, raisins and toasted sesame seeds tossed with a ruby red grapefruit and sesame, olive oil dressing; served on a bed of arugula.

Healthier Choice ~ Served plain with choice of healthy dressing on side.

**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

Sweet & Sour Shrimp

Sautéed shrimp with sesame oil, red peppers, zucchini, garlic, ginger and pineapple; finished with our own honey, rice vinegar soy sauce; sesame seed and scallion garnish.

Served over basmati rice.

Healthier Choice ~ Baked Shrimp, lemon, white wine

MAIN ENTREES

Chicken Parmigiana

A breaded, sautéed chicken breast baked with mozzarella cheese and marinara sauce.

Beer Marinated Pork Chop

Bone in pork chop grilled with a seasoned creole mustard and beer marinade.

Healthier Choice ~ Grilled Marinated Pork Chop

Pasta du Jour ~ Available daily, ask your server

ACCOMPANIMENTS

HC Roasted Red Potatoes

Sautéed Garlic Broccoli ~ HC Steamed Broccoli

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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