

# SUNDAY'S SPECIALS



## SOUPS

### **\* Tomato Okra**

Sautéed red and green bell peppers, garlic, and fresh herbs, simmered in chicken stock with chopped tomatoes and a hint of hot sauce.

### **HC Soup of the Month**

### **Chicken Broth**

## APPETIZERS & SALADS

### **Mandarin Orange**

Arugula, baby spinach, and mandarin oranges tossed with raisins, shaved parmesan cheese and finished with a honey, poppyseed, Dijon dressing. Garnished with toasted walnuts. (optional)

**Healthier Choice ~ no cheese, no added salt, 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

### **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

### **‡ Grilled Sirloin Steak**

Cooked to your liking and finished with roasted garlic butter.

**Healthier Choice ~ Plain Grilled Sirloin**

### **Avocado, Bacon, Cheddar, Sandwich**

Grilled on whole grain bread with sliced tomato and a honey, mayonnaise spread.

**Pasta du Jour ~ Available daily, ask your server**

## ACCOMPANIMENTS

### **HC Herb Roasted Potatoes**

### **Asparagus Shitake Mushrooms (sesame oil)**

### **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

**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.

# Memorial Day Buffet

Monday, May 25, 2026

Mini Hot & Cold Breakfast Bar 8:00am-10:30 am in the PUB

Dinner 4:00 pm – 6:30 pm

Café ~ Closed

New England Clam Chowder  
Oyster Crackers

Charbroiled Hamburgers & Cheeseburgers  
All Beef Hot Dogs

Ez-Peel and Eat Shrimp, with cocktail sauce  
Barbecued Chicken Quarters (White and Dark Meat)  
HC Grilled Marinated Chicken Breast  
Rolls & Buns

## Accompaniments

Corn on the Cob ~ Tossed Garden Salad  
Vegetarian Baked Beans ~ Grilled Summer Vegetables  
Potato Salad ~ Cole Slaw ~ Potato Chips  
Iced Tea, Iced Coffee, Lemonade

## Alternative Selections

HC Greek Lentil Soup  
Beyond Burger ~ Vegan Hot Dog ~ Vegetarian Baked Beans

## Dessert

Sliced Watermelon  
Apple Pie, Strawberry Rhubarb Crisp  
Sugar Free Blueberry Pie  
Assorted Ice Cream and Frozen Yogurt



# TUESDAY'S SPECIALS



## SOUPS

### **Turkey Vegetable**

Zucchini, summer squash, herbs and turkey simmered in turkey stock with rice.

### **HC Soup of the Month**

### **Chicken Broth**

## APPETIZERS & SALADS

### **Mandarin Orange**

Arugula, baby spinach, and mandarin oranges tossed with craisins, shaved parmesan cheese and finished with a honey, poppyseed, Dijon dressing. Garnished with toasted walnuts. (optional)

**Healthier Choice ~ no cheese, no added salt, 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

### **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

### **\*‡ 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**

### **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.

**Pasta du Jour ~ Available daily, ask your server**

## ACCOMPANIMENTS

**Whipped Sweet Potatoes ~ HC Baked Sweet Potato**

**Corn on the Cobb**

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

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# 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

### **Cod with Greek Walnut Salsa**

Sautéed cod filet topped with Greek walnut salsa.  
(tomatoes, cucumber, kalamata olives, red onion, parsley, garlic, oregano, walnuts, and olive oil)  
**Healthier Choice ~ Baked Cod, lemon, white wine**

## MAIN ENTREES

### **Veal Prince**

A breaded veal cutlet lightly fried and baked with broccoli and shredded mozzarella cheese; finished with marsala mushroom sauce.

### **Chicken Piccata with Artichoke Hearts**

A sautéed chicken breast with white wine, lemon juice, chicken stock, artichoke hearts and capers (optional).

### **Healthier Choice ~ Grilled Marinated Chicken Breast**

**Pasta du Jour ~ Available daily, ask your server**

## ACCOMPANIMENTS

### **Barley Pine Nut Pilaf ~ HC no added salt**

### **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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# THURSDAY'S SPECIALS



## SOUPS

### **Beef Barley**

Diced stew meat simmered in beef stock with vegetables, barley and seasonings.

### **HC Soup of the Month**

### **Chicken Broth**

## APPETIZERS & SALADS

### **Mandarin Orange**

Arugula, baby spinach, and mandarin oranges tossed with craisins, shaved parmesan cheese and finished with a honey, poppyseed, Dijon dressing. Garnished with toasted walnuts. (optional)

**Healthier Choice ~ no cheese, no added salt, 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

### **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 Sea Bass, lemon, white wine, fresh herbs**

## MAIN ENTREES

### **Chicken Cutlet with Tomato Panzella**

A sautéed chicken cutlet topped with a pickled onion and cherry tomato (panzella) with croutons.

### **‡ 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 Peas, Carrots, Broccoli, Spinach, Sautéed Spinach, Garlic Spinach

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# 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

### **Mandarin Orange**

Arugula, baby spinach, and mandarin oranges tossed with craisins, shaved parmesan cheese and finished with a honey, poppyseed, Dijon dressing. Garnished with toasted walnuts. (optional)

**Healthier Choice ~ no cheese, no added salt, 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 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

### **Red Pepper Whipped Potatoes**

### **HC Baked Potato**

**Lemon Butter Brussels Sprouts ~ HC Steamed Brussels Sprouts**

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

### **Black Bean**

Black beans simmered in chicken stock with vegetables and finished with diced ham, sour cream and chopped scallions.

### **HC Soup of the Month**

### **Chicken Broth**

## APPETIZERS & SALADS

### **Mandarin Orange**

Arugula, baby spinach, and mandarin oranges tossed with craisins, shaved parmesan cheese and finished with a honey, poppyseed, Dijon dressing. Garnished with toasted walnuts. (optional)

**Healthier Choice ~ no cheese, no added salt, 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

### **‡Grilled Swordfish**

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

**Healthier Choice ~ no added salt**

## MAIN ENTREES

### **\*Grilled Chicken Strawberry Spinach Salad**

Marinated grilled chicken strips served over baby spinach with strawberries and a warm citrus dressing\* (chilli powder), with toasted pecans (optional).

**Healthier Choice ~ dressing of choice on side**

### **Spaghetti & Meatballs**

Prepared in house with ground beef and pork with our own marinara sauce.

Served with sliced Italian bread or garlic bread.

**Pasta du Jour ~ Available daily, ask your server**

## ACCOMPANIMENTS

### **HC Cilantro Lime 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 Peas, Carrots, Broccoli, Spinach, Sautéed Spinach, Garlic Spinach

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