

SUNDAY'S SPECIALS



SOUPS

Chicken Mushroom Chowder

Diced chicken, mushrooms, potatoes and seasonings simmered in chicken stock.

HC Soup of the Month

Chicken Broth

APPETIZERS & SALADS

***Baby Greens & Blue Cheese Salad**

Mixed baby greens topped with sweet & spicy *pecans, crumbled blue cheese and choice of balsamic or zinfandel dressing. Nuts are optional.

Healthier Choice ~ no cheese, hc dressing, nuts optional

**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 Trout

Sautéed with garlic, ginger, light soy sauce, sugar and scallions.

Healthier Choice ~ Baked Trout, Lemon, White Wine, Mrs. Dash seasoning

MAIN ENTREES

Mediterranean Chicken

A sautéed seasoned chicken breast with olive oil, garlic, white wine, tomatoes, kalamata olives and capers. Served with wilted spinach and crumbled feta cheese.

Healthier Choice ~ no feta, capers or olives

Grilled Rachel Sandwich

Sliced turkey and corned beef with swiss cheese, Russian dressing and cole slaw grilled on rye bread.

Pasta du Jour ~ Available daily, ask your server

ACCOMPANIMENTS

HC Mediterranean Roasted Potatoes

Sautéed Summer Squash with Fresh Tarragon

HC Steamed Summer Squash with Tarragon, no butter

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

Asparagus

Asparagus, potatoes and onions cooked in vegetable stock, pureed with seasonings and garnished with Lemon Crème Fraiche and chives.

HC Soup of the Month

Chicken Broth

APPETIZERS & SALADS

***Baby Greens & Blue Cheese Salad**

Mixed baby greens topped with sweet & spicy *pecans, crumbled blue cheese and choice of balsamic or zinfandel dressing. Nuts are optional.

Healthier Choice ~ no cheese, hc dressing, nuts optional

**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

Roasted Halibut

Finished with roasted red pepper basil butter.

Healthier Choice ~ Baked Halibut, lemon, white wine

MAIN ENTREES

Grilled Chicken Cobb Salad

Marinated grilled chicken breast served on top of salad greens with hard cooked egg, bacon, green peppers, red cabbage, cucumber, grape tomatoes and shredded carrots. Choice of dressing.

Healthier Choice ~ egg white, no bacon, hc dressing

Baked Beefy Ravioli Lasagna

Layers of beef ravioli and mozzarella cheese with marinara sauce.

Pasta du Jour ~ Available daily, ask your server

ACCOMPANIMENTS

O'Brien Potatoes ~ HC Baked Potato

HC Lemon 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

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

TUESDAY'S SPECIALS



SOUPS

Spinach & Garlic Cream Soup

Simmered in chicken stock with garlic, nutmeg and cream.

HC Soup of the Month

Chicken Broth

APPETIZERS & SALADS

***Baby Greens & Blue Cheese Salad**

Mixed baby greens topped with sweet & spicy *pecans, crumbled blue cheese and choice of balsamic or zinfandel dressing. Nuts are optional.

Healthier Choice ~ no cheese, hc dressing, nuts optional

**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 of red pepper flakes, garlic, brown sugar, lime juice and soy sauce.

Healthier Choice ~ Baked Salmon, lemon, white wine

MAIN ENTREES

Chicken Cutlet with Sundried Tomato Cream Sauce

Sautéed chicken cutlet with sundried tomato oil, shallots, white wine, sundried tomatoes, and cream. Garnished with fresh chopped parsley.

Healthier Choice ~ Grilled Marinated Chicken Breast

***Pork Ribs with Cuman Orange BBQ Sauce**

Rack of ribs marinated with rubbing spices and a cumin, orange barbecue sauce for a smoky, mildly spicy, sweet and tangy flavor. Contains chili powder and chipotle pepper in adobo.

Pasta du Jour ~ Available daily, ask your server

ACCOMPANIMENTS

HC Steamed Rice & Peas

HC Rosemary Roasted Beets & 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

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 Zucchini Soup

Fresh zucchini, plum tomatoes and green peppers simmered in vegetable stock with fresh dill, and tarragon; garnished with grated parmesan cheese.

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

Lobster Salad Roll

Lobster salad with mayonnaise, celery and iceberg lettuce served on a grilled hot dog roll.

Healthier Choice ~ Lobster Salad, low fat mayo on garden salad, no roll

MAIN ENTREES

***Crunchy Coconut Chicken**

Marinated chicken breast with lime, coconut milk, fish sauce, sriracha, and a honey mayonnaise drizzle.
Served with napa cabbage slaw (avocado, cilantro, lime juice, soy sauce, cucumber and ginger).

Healthier Choice ~ Grilled Marinated Chicken Breast

Apricot Corned Beef

Beef brisket slow cooked with apricot preserves and Dijon mustard.

Pasta du Jour ~ Available daily, ask your server

ACCOMPANIMENTS

Roasted Sweet Potatoes

HC Baked Sweet Potato

HC 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

‡ 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

White Bean Orzo

Cannellini beans, orzo, tomatoes and vegetables simmered in vegetable stock with seasonings.

HC Soup of the Month

Chicken Broth

APPETIZERS & SALADS

***Baby Greens & Blue Cheese Salad**

Mixed baby greens topped with sweet & spicy *pecans, crumbled blue cheese and choice of balsamic or zinfandel dressing. Nuts are optional.

Healthier Choice ~ no cheese, hc dressing, nuts optional

**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

Herb Crusted Cod

Fresh cod baked with herb panko crumbs; finished with a sundried tomato butter.

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

MAIN ENTREES

Aloha Chicken

A grilled chicken breast finished with a sauce of fresh pineapple, green pepper, brown sugar, vinegar and tomatoes.

‡ Roast Tenderloin

Seasoned tenderloin roasted and served with garlic butter.

Healthier Choice ~ no garlic butter

Pasta du Jour ~ Available daily, ask your server

ACCOMPANIMENTS

HC Basmati Rice

Green Bean Red Pepper Sauté

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

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

New England Clam Chowder

A creamy classic with clams, potatoes, cream and clam juice.

HC Soup of the Month ~ Chicken Broth

APPETIZERS & SALADS

***Baby Greens & Blue Cheese Salad**

Mixed baby greens topped with sweet & spicy *pecans, crumbled blue cheese and choice of balsamic or zinfandel dressing. Nuts are optional.

Healthier Choice ~ no cheese, hc dressing, nuts optional

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 Bluefish

Prepared with a lemon, garlic, and herb mayonnaise.

Healthier Choice ~ Baked Bluefish, lemon, white wine

MAIN ENTREES

Asian Chicken with Rice Noodles

Prepared with julienne chicken, a medley of vegetables, sesame oil, soy sauce, oyster sauce and rice wine vinegar. Served over rice noodles.

Healthier Choice ~ Grilled Marinated Chicken Breast

Peach Prosciutto Flatbread

Cheesy flatbread topped with grilled peaches, fresh tarragon, gruyere cheese, arugula and prosciutto.

Pasta du Jour ~ Available daily, ask your server

ACCOMPANIMENTS

HC Wild Rice with Mushrooms

Asparagus with Cashews

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

SATURDAY'S SPECIALS



SOUPS

Roasted Red Pepper

Roasted red peppers with onion, garlic and sundried tomatoes in vegetable stock with fresh basil and a crème fraiche topping if desired.

HC Soup of the Month ~ Chicken Broth

APPETIZERS & SALADS

***Baby Greens & Blue Cheese Salad**

Mixed baby greens topped with sweet & spicy *pecans, crumbled blue cheese and choice of balsamic or zinfandel dressing. Nuts are optional.

Healthier Choice ~ no cheese, hc dressing, nuts optional

**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

‡ Ahi Tuna Salad

Pan seared, sesame seed coated tuna steak served over mixed greens with avocado, red peppers, cucumber, shredded carrots, wonton strips and a sesame ginger dressing.

‡ Healthier Choice ~ Pan seared lightly with olive oil, no sesame seeds, no wontons, hc dressing

MAIN ENTREES

‡Steak Diane

Sautéed beef tenderloin medallions with shallots, brandy, Dijon mustard and butter.

Healthier Choice ~ Grilled Tenderloin Medallions, no sauce, no butter

Grilled Marinated Half Chicken

Marinated with fresh herbs, spices and white wine and grilled to order.

Pasta du Jour ~ Available daily, ask your server

ACCOMPANIMENTS

Roasted Garlic Mashed Potatoes

HC Baked Potato

HC Roasted Vegetables

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