

MONDAY'S SPECIALS



SOUPS

Chic Pea Pasta

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

HC Soup of the Month

Chicken Broth

APPETIZERS & SALADS

Salad Maria

Romaine lettuce, dried cranberries, fresh pear and apple slices, sliced almonds and shredded swiss cheese blended with a sweet poppyseed dressing.

Healthier Choice ~ no cheese, 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 featured catch.

Healthier Choice ~ Available

MAIN ENTREES

Lemon Walnut Chicken

A sautéed chicken breast with flour, olive oil, chicken stock, and finished with caramelized onions, chopped walnuts, lemon and parsley garnish.

Healthier Choice ~ Grilled Marinated Chicken Breast

***Pork Tenderloin with Roasted Pineapple Salsa**

Marinated grilled pork tenderloin (contains chili powder) finished with our own fresh roasted pineapple salsa.

Pasta du Jour ~ Available daily, ask your server

ACCOMPANIMENTS

HC Basmati Rice

Crisp Balsamic 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

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

Cantaloupe Bisque

Served chilled, (contains orange juice, vanilla ice cream, ginger ale, honey and mint garnish).

HC Soup of the Month

Chicken Broth

APPETIZERS & SALADS

Salad Maria

Romaine lettuce, dried cranberries, fresh pear and apple slices, sliced almonds and shredded swiss cheese blended with a sweet poppyseed dressing.

Healthier Choice ~ no cheese, 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

Panko Parmesan Haddock Piccata

Fresh haddock sautéed in a panko parmesan coating (contains egg) and finished with a white wine and shallot reduction with lemon, capers and parsley.

Healthier Choice ~ Baked Haddock, lemon, white wine

MAIN ENTREES

Chicken Teriyaki Pineapple Bowl

Sautéed chicken chunks with sesame oil, soy sauce, garlic, ginger and brown sugar served in a fresh pineapple bowl with white rice, pineapple and toasted sesame seed garnish.

Healthier Choice ~ Grilled Marinated Chicken Breast

Grilled Portobello Sandwich

A grilled portobello mushroom cap with roasted red peppers, provolone cheese and pesto sauce; served on a brioche roll with bibb lettuce.

Pasta du Jour ~ Available daily, ask your server

ACCOMPANIMENTS

Brown Rice with Pine Nuts

HC Steamed Brown Rice

Lemon Parmesan Asparagus

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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WEDNESDAY'S SPECIALS



SOUPS

Caramelized Onion Portobello Mushroom

Caramelized portobello onion simmered in vegetable broth with brandy, garlic, thyme and white wine; garnished with a goat cheese crouton.

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

***Shrimp Enchilada**

Freshly sautéed shrimp with seasonings baked in a tortilla wrap with mild green salsa, sour cream, Cotija cheese, Monterey jack and garnished with chopped red onion, radish slices, jalapeno and cilantro.

Healthier Choice ~ Broiled Shrimp, lemon, white wine

MAIN ENTREES

Greek Grain Bowl

A grilled chicken breast served over farro with diced tomato, cucumber and lemon juice; garnished with plain Greek yogurt and a sprinkle of feta cheese.

‡ HC Mediterranean Beef Tips

Mediterranean marinated tenderloin tips grilled to your liking.

Healthier Choice

Pasta du Jour ~ Available daily, ask your server

ACCOMPANIMENTS

Garlic Oven Roasted Potatoes

HC Steamed New Potatoes

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

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THURSDAY'S SPECIALS



SOUPS

Vichyssoise

Sautéed leeks, onions, celery and garlic, simmered with vegetable stock and potatoes, pureed with sour cream and cream then served chilled; garnished with chives.

HC Soup of the Month

Chicken Broth

APPETIZERS & SALADS

Salad Maria

Romaine lettuce, dried cranberries, fresh pear and apple slices, sliced almonds and shredded swiss cheese blended with a sweet poppyseed dressing.

Healthier Choice ~ no cheese, 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 Butter Scallops

Fresh scallops baked with garlic butter, white wine and a sprinkle of bread crumbs; served with lemon wedge.

Healthier Choice ~ Baked Scallops, lemon, white wine

MAIN ENTREES

***‡ Lamb Chop ala Diavola**

Seasoned, grilled lamb chop drizzled with olive oil, garlic, a pinch of red pepper flakes, lemon and white wine.

Healthier Choice

Chicken Milanese

Fresh chicken breast sautéed with parmesan bread crumbs (contains egg) and topped with arugula and grape tomatoes in a lemon vinaigrette.

Pasta du Jour ~ Available daily, ask your server

ACCOMPANIMENTS

HC Lyonnaise Potatoes

Fresh Harvard Beets ~ HC Steamed Fresh Beets

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

Saffron Seafood Chowder

A medley of fish and shellfish simmered with saffron, vegetables, potatoes and cream.

HC Soup of the Month

Chicken Broth

APPETIZERS & SALADS

Salad Maria

Romaine lettuce, dried cranberries, fresh pear and apple slices, sliced almonds and shredded swiss cheese blended with a sweet poppyseed dressing.

Healthier Choice ~ no cheese, 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

Local Sea Bass

Baked sea bass with olive oil, garlic, white wine and lemon served with a jicama mango slaw with a honey, cumin, lime juice dressing.

Healthier Choice ~ slaw contains honey

MAIN ENTREES

***Chicken, Spinach & Artichoke Lasagna**

Shredded chicken blended with sour cream, artichokes, spinach, fresh basil, red pepper flakes; layered and baked with lasagna noodles, cream sauce, mozzarella and provolone cheese.

Veal au Naturele

Sautéed veal cutlet with a lemon, white wine reduction, beef stock and parsley garnish.

Healthier Choice ~ Veal Marinara (sautéed cutlet with marinara sauce)

Pasta du Jour ~ Available daily, ask your server

ACCOMPANIMENTS

Rissole Potatoes ~ HC Boiled Potatoes

Zucchini Provençale

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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SATURDAY'S SPECIALS



SOUPS

Maria's Tomato Chourico

Fresh tomatoes, potatoes and Chourico simmered in chicken stock and finished with elbow macaroni.

HC Soup of the Month

Chicken Broth

APPETIZERS & SALADS

Salad Maria

Romaine lettuce, dried cranberries, fresh pear and apple slices, sliced almonds and shredded swiss cheese blended with a sweet poppyseed dressing.

Healthier Choice ~ no cheese, 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 Salmon Filet

A fresh grilled salmon filet served with a lemon wedge.

Healthier Choice

MAIN ENTREES

Sautéed Chicken with Broccoli & Penne

Sautéed chicken tenderloins with olive oil, garlic, white wine and chicken stock finished with broccoli buds and penne pasta.

Healthier Choice ~ Grilled Marinated Chicken Breast

Cauliflower Crusted Pizza

Chef's choice, ask your server about today's special.

Pasta du Jour ~ Available daily, ask your server

ACCOMPANIMENTS

HC Vegetable Pilaf

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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