

Sunday Breakfast Menu

(Available from 8:00 a.m. - 3:30 p.m.)

~ **One Breakfast Meal includes: Choice of two appetizers, a main course, two sides and a beverage** ~

APPETIZERS

Juices: Apple, Orange, Cranberry, Pink Grapefruit, Tomato, LS-V 8, Prune
Grapefruit Half, Fruit Cup, Cottage Cheese, Small Fruit Plate, Fresh Applesauce

MAIN COURSE

Chef's Special ~ Ask your server.

Two Eggs Any Style ~ Your choice of fresh eggs, Eggbeaters or egg whites.

Omelet ~ Choice of American, Swiss, Cheddar, Onions, Peppers, Mushrooms, Spinach, Ham, Tomato, Bacon

Scrambled Eggs & Lox ~ Fresh scrambled eggs or eggbeaters with onion and lox.

Eggs Benedict ~ Two poached eggs, English muffin, Canadian bacon, hollandaise sauce.

Pancakes ~ Three pancakes, your choice of: plain, chocolate chip or blueberry.

Belgian Waffles ~ Choice of strawberries, cinnamon apples, whipped cream, maple syrup

Toasted Bagel, Lox & Cream Cheese ~ Served with sliced tomatoes, thin red onion, bibb lettuce.

BLT Sandwich ~ Served on your choice of toast with mayonnaise.

SIDE ORDERS

(Resident meal includes choice of two sides)

Any additional sides \$2.00 each, excludes lox

Cup of Oatmeal

Turkey Bacon ~ Three Crisp Bacon Strips ~ Two Sausage Links ~ Canadian Bacon

Corned Beef Hash ~ Homefried Potatoes

Gluten Free Toast ~ Choice of Toast ~ Danish ~ English Muffin ~ Bagel

LOX ONLY SIDE ORDER ~ \$5.15

AVAILABLE TO GO ONLY ~ LOX BOX ~ \$8.75

Smoked Salmon, Bagel, Lettuce, Tomato,
Red Onion, Capers, Cream Cheese

BEVERAGES

Freshly Brewed Coffee, Regular or Decaffeinated

Tea, Hot Chocolate

Regular, Skim, Lactose Free Milk

LAURELMEAD'S CONTINENTAL SELECTION \$4.90

Juice, Fresh Fruit Cup, Sliced Fruit Plate or Half Grapefruit (choice of one)

Bagel, English Muffin, Toast, Fresh Baked Muffin (choice of one)

Cup of Oatmeal

Coffee, Decaf Coffee, Tea, or Hot Chocolate

~ **Children's Menu Available** ~

~ **Half Portion Entrees and Sides Available Upon Request** ~

~ **PLEASE ADVISE SERVER OF ANY FOOD ALLERGIES** ~

Sunday Lunch Menu

(Available from Noon - 3:30 pm)

Laurelmead Breadbasket ~ Gluten Free available upon request

SOUPS

Carrot & Orange Bisque

A puréed soup with carrots, vegetables, orange juice and tarragon simmered in vegetable stock and finished with cream.

**HC Roasted Tomato Vegetable, vegetable stock ~ HC Soup of the Month
Chicken Broth**

SALADS

House Garden Salad ~ Choice of Dressing

Salad Bar from the Pub ~ Create your own salad

MAIN ENTREES

Catch du Jour

Healthier Choice Available ~ Ask your server

HC Catch du Jour

‡ Beef Curry

Sautéed beef tenderloin cubes finished with a curry fruit sauce served with condiments (sides of raisins, peanuts and chutney).

Healthier Choice ~ ‡ Grilled Tenderloin Tips, Mrs. Dash seasoning

***Chicken Quesadilla**

Chicken, scallions and cheddar cheese sprinkled with chili powder in a grilled flour tortilla; served with sides of salsa and sour cream.

Vegetarian Special of the Week

Ask your server.

Warm Grilled Chicken Breast

Served over house greens with dressing or on a bun with lettuce, or as an entrée with sides.

‡ Chopped Angus Beef Patty

Served with gravy and sides or on a roll with choice of mushrooms, onions, lettuce, and tomato.

Beyond Burger Sandwich on a Roll

Choice of BBQ sauce, lettuce, tomato, sautéed mushrooms, American cheese, vegan cheddar, mozzarella.

ACCOMPANIMENTS

HC Vegetable Quinoa

Garlic Broccoli ~ HC Steamed Broccoli

Angel Hair or Penne Pasta ~ Meat Sauce, Marinara Sauce, Garlic and Olive Oil

Onion Rings, French Fries

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 thoroughly cooked animals.

HC (Healthier Choice) =Leaner meat or seafood, never fried, no added salt, no butter, no cream, no cheese, may contain olive oil, light mayonnaise, light salad dressing, low fat sour cream, Lactaid or sugar

MONDAY'S SPECIALS



SOUPS

Chicken & Spinach

Chicken with spinach, red peppers and carrots simmered in chicken stock with marjoram, cannellini beans; finished with fresh basil, parmesan cheese, pesto and a crouton garnish.

HC Soup of the Month

Chicken Broth

APPETIZERS & SALADS

Caprese Salad

Tomato slices served over bibb lettuce with sliced mozzarella cheese, fresh basil chiffonade and drizzled with balsamic glaze.

Healthier Choice ~ no cheese, no added salt

**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 filet marinated in soy sauce, rice vinegar, brown sugar, sesame oil and garlic, then baked and glazed with marinade.

Healthier Choice ~ Grilled Salmon, lemon, white wine

MAIN ENTREES

Fontina Rolled Chicken

A rolled, thin sliced chicken breast with fontina cheese, cream cheese, bacon, sundried tomatoes and green onion. Coated and baked with panko paprika crumbs and served over velouté sauce.

Healthier Choice ~ Grilled Marinated Chicken Breast

***‡Flank Steak**

Seasoned and grilled flank steak served with a fresh summer relish* of corn, tomato, poblano peppers, avocado, balsamic vinegar, green onion.

Pasta du Jour ~ Available daily, ask your server

ACCOMPANIMENTS

HC Jasmine Rice

Zucchini Artichoke Sauté ~ 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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TUESDAY'S SPECIALS



SOUPS

***Chilled Watermelon Gazpacho**

Prepared with watermelon, cucumber, red peppers, tomatoes, shallots, jalapeno, sherry vinegar; garnished with croutons, fresh basil and cilantro.

HC Soup of the Month Chicken Broth

APPETIZERS & SALADS

Caprese Salad

Tomato slices served over bibb lettuce with sliced mozzarella cheese, fresh basil chiffonade and drizzled with balsamic glaze.

Healthier Choice ~ no cheese, no added salt

**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

Scallops Meunier

Pan seared sea scallops with butter, lemon, and capers.

Healthier Choice ~ Baked Scallops, lemon, white wine

MAIN ENTREES

Greek Salad with Chicken

Grilled, marinated chicken breast on a bed of greens garnished with kalamata olives, pepperoncini, cucumber, tomato, feta cheese and a side of Greek dressing.

Healthier Choice ~ no feta, no olives, hc dressing

Veal Scaloppini

Sautéed veal cutlet topped with asparagus spears, provolone cheese and finished with an asparagus cream sauce with mushrooms.

Pasta du Jour ~ Available daily, ask your server

ACCOMPANIMENTS

Sage Onion Mashed Potatoes ~ HC Baked Potato

Green Beans Amandine ~ 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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WEDNESDAY'S SPECIALS



SOUPS

Curry Tomato Lentil

Puréed tomatoes and vegetables with garlic, curry and cinnamon in a vegetable stock, finished with lentils and corn niblets.

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

***Bang Bang Shrimp**

Marinated shrimp with buttermilk, deep fried and tossed with a mayonnaise, chili hot sauce.

Healthier Choice ~ Baked Shrimp, lemon, white wine

MAIN ENTREES

Chicken Française

Fresh chicken cutlet coated and sautéed to a golden brown with a parmesan and egg mixture. Finished with lemon, butter, white wine and garnished with parsley.

‡ Garlic Crusted Rack of Lamb

Roasted with olive oil, rosemary and fresh garlic.

Healthier Choice

Pasta du Jour ~ Available daily, ask your server

ACCOMPANIMENTS

HC Roasted Potato Trio

HC Carrots with Fresh Dill

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

Minestrone Genovese

Sautéed vegetables simmered in vegetable stock with tomatoes, chickpeas, kidney beans and grated parmesan cheese. Finished with ditalini pasta and fresh basil garnish.

HC Soup of the Month

Chicken Broth

APPETIZERS & SALADS

Caprese Salad

Tomato slices served over bibb lettuce with sliced mozzarella cheese, fresh basil chiffonade and drizzled with balsamic glaze.

Healthier Choice ~ no cheese, no added salt

**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 Haddock

Fresh haddock filet baked with a seasoned butter and cracker topping, lemon wedge.

Healthier Choice ~ Baked Haddock, lemon, wine

MAIN ENTREES

Braised Chicken Thigh with Artichoke Hearts

Sautéed with leeks and braised with fresh rosemary, lemon, sweet vermouth, grain mustard and cream.

Healthier Choice ~ Grilled Marinated Chicken Breast

***Beef Enchilada**

A corn tortilla rolled and baked with seasoned ground beef (tomatoes, kidney beans, chiles, chili powder, cumin, onion, black olives), topped with enchilada sauce, shredded cheddar and monteray jack cheese; served with sides of salsa and sour cream.

Pasta du Jour ~ Available daily, ask your server

ACCOMPANIMENTS

Curried Brown Rice

(butter, almonds, raisins)

HC Steamed Brown Rice

Grilled 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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FRIDAY'S SPECIALS



SOUPS

Corn & Shrimp Chowder

Sautéed vegetables simmered in shrimp stock with sherry, potatoes, shrimp, corn and cream.

HC Soup of the Month

Chicken Broth

APPETIZERS & SALADS

Caprese Salad

Tomato slices served over bibb lettuce with sliced mozzarella cheese, fresh basil chiffonade and drizzled with balsamic glaze.

Healthier Choice ~ no cheese, no added salt

**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

***‡Pan Seared Tuna**

Coated and cooked with sesame seeds. Served with a sesame, honey, ginger, lime, soy sauce (contains red pepper flakes) and a side of English cucumber salad.

Healthier Choice ~ Grilled Tuna Steak, lemon wedge

MAIN ENTREES

‡ Bleu Cheese Beef Tenderloin

Beef tenderloin marinated and roasted with red wine, teriyaki sauce and garlic; finished with bleu cheese sauce.

Healthier Choice ~ Plain Roast Tenderloin, no sauce, no marinade

Summer Chicken Parmesan

A fresh chicken cutlet breaded and fried, finished with mozzarella cheese, sautéed zucchini, grape tomatoes and fresh basil.

Pasta du Jour ~ Available daily, ask your server

ACCOMPANIMENTS

Roasted Rosemary Garlic Potatoes ~ HC available

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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SATURDAY'S SPECIALS



SOUPS

Chicken, Corn & Ceci Bean

Simmered in chicken stock and finished with cream.

HC Soup of the Month

Chicken Broth

APPETIZERS & SALADS

Caprese Salad

Tomato slices served over bibb lettuce with sliced mozzarella cheese, fresh basil chiffonade and drizzled with balsamic glaze.

Healthier Choice ~ no cheese, no added salt

**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 medley of shellfish and white fish simmered with onions, fennel, white wine, tomatoes, red pepper flakes and seasonings; served with sliced crostini.

Healthier Choice ~ Baked Scrod, lemon, white wine, parsley garnish

MAIN ENTREES

***Chicken Tostado Salad Bowl**

A crisp fried flour tortilla bowl filled with lettuce, black beans, corn, olives, tomato, queso fresco cheese, Mexican marinated (contains chili powder) grilled chicken breast, and a side of ranch dressing.

Healthier Choice ~ no tortilla bowl, no cheese, hc dressing

Pork Chop

A pan seared bone in pork chop served with Sicilian salad.
(lemon, olive oil, mustard – spinach, radicchio, fennel, kalamata olives, orange sections),
pistachio nut garnish optional.

Pasta du Jour ~ Available daily, ask your server

ACCOMPANIMENTS

Carnival Rice ~ HC Brown Rice

Roasted Asparagus with Parmesan Shavings ~ 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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