

Sunday Lunch Menu

(Available from Noon - 3:30 pm)

Laurelmead Breadbasket ~ Gluten Free available upon request

SOUPS

Beef Noodle

Diced beef simmered with beef stock, vegetables, red peppers and egg noodles.

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

Mustard Chicken

A sautéed chicken breast with shallots, Dijon mustard, white wine, chicken stock and a hint of cream.

Healthier Choice ~ Grilled Chicken Breast, Mrs. Dash Seasoning

‡*Pepper Jack Burger

Grilled to your liking and topped with pepper jack cheese, fresh guacamole

(contains jalapeno, cilantro, red onions, lime juice), bibb lettuce and served on a toasted brioche bun.

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 Greek Roasted Potatoes

Sautéed Zucchini, Cherry Tomatoes, Garlic & Basil

HC Zucchini, Cherry Tomatoes, Basil

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

Brunch 5 Temp 26

MONDAY'S SPECIALS



SOUPS

Hungarian Mushroom

Sautéed mushrooms with vegetables and paprika, simmered in chicken stock and finished with cream.

Healthier Choice Soup of the Month

Chicken Broth

APPETIZERS & SALADS

Watermelon, Tomato & Feta

Diced watermelon, tomatoes and crumbled feta cheese blended with a cilantro, balsamic, olive oil dressing and served over iceberg lettuce.

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 Trout**

Served with fresh garden salsa* (chili powder, cilantro).

Healthier Choice ~ Plain Grilled Trout, lemon

MAIN ENTREES

***Orange Chicken**

Chicken breast chunks sautéed with an orange, soy sauce, ginger, brown sugar and garlic sauce (contains red pepper flakes). Served over jasmine rice with chopped scallions.

‡ Herb Roasted Sirloin

Roasted sirloin rubbed with oregano, coarse black pepper, basil, garlic powder and thyme, served au jus.

Healthier Choice

Pasta du Jour ~ Available daily, ask your server

ACCOMPANIMENTS

HC Jasmine Rice

HC Summer Ratatouille

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

Roasted Tomato Soup

Plum tomatoes, tomato puree, onion, celery and garlic simmered in vegetable stock.

Healthier Choice Soup of the Month Chicken Broth

APPETIZERS & SALADS

Watermelon, Tomato & Feta

Diced watermelon, tomatoes and crumbled feta cheese blended with a cilantro, balsamic, olive oil dressing and served over iceberg lettuce.

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

‡ Salmon Maitre d'Hotel

Grilled salmon steak finished with a lemon, wine and parsley butter rosette.

Healthier Choice ~ Plain Grilled Salmon Filet

MAIN ENTREES

Crisp Sesame Chicken over Greens

A boneless chicken breast coated with sesame seeds, browned (contains egg) and served over garden salad with crispy chow mein noodles and an oriental lime and ginger dressing.

Healthier Choice ~ Grilled Marinated Chicken Breast

Eggplant Caprese Stack

Layers of fresh fried eggplant with sliced mozzarella cheese and tomato served on a bed of arugula. Finished with fresh basil, balsamic glaze and parmesan cheese garnish.

Pasta du Jour ~ Available daily, ask your server

ACCOMPANIMENTS

Lemon Parmesan Cous Cous ~ HC Baked 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

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WEDNESDAY'S SPECIALS



SOUPS

Chilled Banana Coconut

A sweet summer soup pureed with bananas, coconut milk, dark rum, vanilla ice cream, lemon, pineapple and plain yogurt.

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. Anchovies upon request.

**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

***Crab Cakes**

Twin house made crab cakes served over *black bean salsa (contains cilantro, jalapeno, almond roca), or served with tartar sauce and lemon wedge.

Healthier Choice ~ Baked Scrod, lemon, white wine

MAIN ENTREES

Ginger Honey Cornish Hen

Half a cornish hen baked with Montreal seasoning and a honey ginger glaze.

Healthier Choice ~ Plain Grilled Cornish Hen

Beef Stir Fry with Asparagus

Marinated beef tenderloin stir fried with sesame oil, fresh asparagus, ginger and oyster sauce.

Pasta du Jour ~ Available daily, ask your server

ACCOMPANIMENTS

Basmati Rice ~ HC Basmati Rice

HC Roasted Mixed Summer 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

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THURSDAY'S SPECIALS



SOUPS

Summer Vegetable Soup with Pesto

Zucchini, peas, carrots, onion and celery simmered in a vegetable tomato broth with orzo.
Garnished with pesto sauce and a sprinkle of shredded parmesan cheese.

Healthier Choice Soup of the Month Chicken Broth

APPETIZERS & SALADS

Watermelon, Tomato & Feta

Diced watermelon, tomatoes and crumbled feta cheese blended with a cilantro,
balsamic, olive oil dressing and served over iceberg lettuce.

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 fresh catch

Healthier Choice ~ available

MAIN ENTREES

Grilled Marinated Chicken Quarter

Your choice of bone in white or dark meat.

Healthier Choice ~ Grilled Marinated Boneless Chicken Breast

Taco Salad Bowl

A fried tortilla bowl filled with seasoned taco meat, kidney beans, black olives, tomatoes, red onion,
cheddar cheese and scallions. Served with sour cream and salsa or your choice of dressing.

Pasta du Jour ~ Available daily, ask your server

ACCOMPANIMENTS

***Tavern Fries (sprinkled with cajun spice, parmesan cheese)**

HC Baked Potato

Grilled 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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FRIDAY'S SPECIALS



SOUPS

Lobster Bisque

Puréed and simmered with vegetables, herbs, brandy, leeks and tomato, finished with cream and rice.

Healthier Choice Soup of the Month

Chicken Broth

APPETIZERS & SALADS

Watermelon, Tomato & Feta

Diced watermelon, tomatoes and crumbled feta cheese blended with a cilantro, balsamic, olive oil dressing and served over iceberg lettuce.

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

***‡ Sesame Tuna Steak**

Sautéed tuna steak with a wasabi sesame seed coating. Served on a bed of vegetable slaw.

Healthier Choice ~ Grilled Tuna Steak, lemon wedge

MAIN ENTREES

‡ Beef Brochette

Beef tenderloin skewered and grilled with red onion, red bell pepper and mushrooms.

Healthier Choice

Grilled Chicken with Goat Cheese and Blueberries

Julienne grilled chicken breast served over spring greens lightly dressed with Dijon mustard, lemon and olive oil. Garnished with pickled red onions, fresh blueberries, crumbled goat cheese and chopped pecans.

Pasta du Jour ~ Available daily, ask your server

ACCOMPANIMENTS

HC Vegetable Pilaf

Roasted Garlic Parmesan Cauliflower ~ HC Steamed Cauliflower

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 Barley

Diced chicken, pearl barley and vegetables simmered in chicken stock, garnished with chives.

Healthier Choice Soup of the Month

Chicken Broth

APPETIZERS & SALADS

Watermelon, Tomato & Feta

Diced watermelon, tomatoes and crumbled feta cheese blended with a cilantro, balsamic, olive oil dressing and served over iceberg lettuce.

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

***Pan Seared Scallops**

Fresh avocado mousse topped with pan seared sea scallops, served with a side of *chipotle sauce.

Healthier Choice ~ Baked Scallops, lemon, white wine

MAIN ENTREES

Cauliflower Crusted Pizza

Margharita style with sliced tomato, fresh basil, mozzarella cheese, olive oil and a sprinkle of salt.

‡ Roasted Prime Rib

Served au jus or with horseradish sauce.

Healthier Choice ~ Leaner Cut Prime Rib

Pasta du Jour ~ Available daily, ask your server

ACCOMPANIMENTS

Au Gratin Potatoes ~ HC Baked Sweet Potato

Roasted Fresh Baby Beets

HC Steamed Freshy Baby 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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