



SH

Appetizers

GF Shrimp Cocktail \$5.35
With Classic Cocktail Sauce
Calories 60 - Fat 1g - Sodium 546mg - Carbs 5g - Protein 8g

*GF Charcuterie Board \$11
Assorted Meats and Cheese

Sides

GF Broccoli
Calories 40 - Sodium 40mg - Carbs 7g - Protein 2g

GF Parisian Carrots
Calories 35 - Sodium 45mg - Carbs 8g - Protein

GF Spinach
Calories 27 - Fat 1g - Carbs 3g - Protein 3g

Daily Rice Special

GF Baked Potato
Calories 161 - Sodium 17mg
Carbs 37g - Protein 4g

GF Sweet Potato
Calories 130 - Sodium 45mg
Carbs 33g - Protein 2g

GF Crispy Potato Wedges
Calories 217 - Fat 11g - Sodium 617mg
Carbs 28g - Protein 3g

GF Mashed Potatoes
Calories 168 - Fat 1g - Sodium 75mg
Carbs 38g - Protein 5g

Soup & Salad

Daily Soup of the Day \$2.80
(Ask your server for more information)

GF Chef's Salad Plate \$13
Romaine Lettuce, Tomatoes, Cucumbers,
Hard Boiled Egg, Turkey, Ham & Swiss Cheese
Calories 480 - Fat 13g - Sodium 1610mg
Carbs 22g - Protein 39g

*GF Classic Caesar Salad \$9.50
Calories 330 Fat 19g Sodium 710mg
Carbs 29g Protein 16g

With your choice of
* GF Fresh Catch of the Day
Calories 163 - Fat 3g - Sodium 88mg - Carbs 0g - Protein 34g
Chicken \$3
Calories 210 Fat 2g Sodium 180mg Carbs Protein 48g
Shrimp \$4
Calories 90 - Fat 1g - Sodium 310mg - Carbs 1g - Protein 20g

Fresh Garden Salad Bar and Soup \$8.25
Fresh Lettuce, Assorted Toppings, Cheese,
Prepared Salads and Choice of Dressings

GF Smoked Salmon & Goat Cheese Salad \$14.00
California Mixed Greens ~ Fresh Strawberries
Candied Pecans ~ Goat Cheese
Raspberry Vidalia Onions and Capers

Entrees

*GF Grilled Pork Tenderloin Medallions \$16
Topped with a Cherry Rosemary Sauce
Calories 240 - Fat 10g - Sodium 420mg
Carbs 4g Protein 30g

GF Grilled Sugar Cured Ham Steak \$14.50
Complimented by a Pineapple
Dijon Sauce
Calories 220 - Fat 8g - Sodium 1440mg
Carbs 8g - Protein 30g

American Chopped Steak \$15.75
Calories 530 - Fat 39g - Sodium 284mg
Carbs 3g - Protein 40g

*GF Pan Seared Calves Liver \$19.50
Caramelized Onions & Bacon
Calories 405 - Fat 51g - Sodium 207mg - Protein 60g

GF Grilled Lamb Loin Chops \$22
Minted Béarnaise Sauce
Calories 560 - Fat 40g - Sodium 130mg
Carbs g - Protein 48g

GF Grilled Filet Mignon \$27.95
Sautéed Mushrooms & Béarnaise Sauce
Calories 530 - Fat 30g - Sodium 1100mg
Carbs 10g - Protein 56

*Available Sunday through Tuesday

POULTRY

* GF Chicken Vol Vent \$14
Tender Pieces of Chicken, Slowly
Cooked in a Rich Mushroom Volute,
Served in a Flaky Puff Pastry Shell
Calories 400 Fat 23g Sodium 810mg Carbs
36g Protein 10g

Crispy Fried Chicken Supremes \$13
With Barbecue & Honey Mustard Sauce
Calories 500 - Fat 23g - Sodium 2050mg
Carbs 20g - Protein 50g

* GF Crispy Half of Duck \$19
Ginger & Soy Glaze
Calories 400 - Fat 23g - Sodium 810mg
Carbs 68g - Protein 40g

* GF Pan Seared Chicken Piccata \$13.50
Thinly Pounded Scaloppini & Brown
Lemon Caper Butter
Calories 410 - Fat 12g - Sodium 975mg
Carbs 28g - Protein 35g

*GF Chicken Breast - Blackened, Panko
Breaded or Broiled

Executive Chef: Ravin Bissoonduit
Dining Room Manager: Diem Nguyen

SEAFOOD

Coconut Fried Shrimp \$16
Orange Marmalade & Horseradish Sauce

Calories 310 Fat 16g Sodium 560mg Carbs 31g
Protein 9g

Pan Seared Maryland Style Crab Cakes
\$18.50
Tomato & Scallion Remoulade Sauce

Calories 280 Fat 14g Sodium 1110mg Carbs 13g
Protein 22g

Fried Captains Seafood Platter \$19
Accompanied by Shrimp, Scallops,
Oysters, Clams
With Cocktail & Tarter Sauce

Calories 1120 Fat 72g Sodium 2370mg Carbs
98g Protein 22g

GF Cedar Plank Salmon \$14.50
Brown Sugar & Spice Marinade
Calories 360 Fat 23g Sodium 98mg Carbs 0g
Protein 35g

*GF Tilapia \$13.95
Available Broiled, Blackened or
Panko Breaded
Broiled: Calories 163 Fat 3g Sodium 88mg
Carbs 0g Protein 34g
Panko: Calories 360 Fat 16g Sodium 560mg
Carbs 30g Protein 22g

VEGETARIAN

GF Portabella Stuffed Mushroom \$14
Fresh Mozzarella, Spinach, Roasted
Red Peppers & a Balsamic Reduction

Calories 239 Fat 10g Sodium 438mg Carbs
22g Protein 16g

* GF Tuscan Beyond Sausage Pasta \$14
Linguine Pasta, Garlic, Tomatoes
Fresh Basil & White Wine
Calories 590 Fat 13g Sodium 500mg Carbs
84g Protein 34g

Spinach & Mozzarella Stromboli \$14
Mixture of Fresh Spinach
Ricotta Cheese ~ Marinara Sauce

Weekly Specials

SUNDAY

Carved Beef of
Tenderloin

Calories 280 Fat 20g Sodium 55mg Carbs g
Protein 22g

OR

Apple & Brie Stuffed Chicken
\$13.50

MONDAY

Spaghetti & Meatballs \$13.50

TUESDAY

Smothered Chicken Breast
\$13.50

WEDNESDAY

Slow Roasted Prime Rib of Beef

Calories 426 Fat 25g Sodium 110mg Carbs g
Protein 46g

\$16.00

THURSDAY

Baked Tropical Mahi Mahi \$14.00

FRIDAY

Turkey Tetrazzini \$13.50

SATURDAY

Sweet & Sour Chicken \$13.50

GF- Gluten Free

* GF- Item can be modified to be Gluten Free .

All Entrees Include Soup, Salad Bar,
Bread & Beverage.

Dining Room Manager Diem Nguyen