



Days of Operation: Monday - Friday

Lunch: 11 a.m. - 2 p.m.

Dinner: 4 - 7 p.m.

All entrées are served with your choice of two sides, salad bar, soup, bread, and fresh fruit.

Dynamite Grouper (suggested wine La Lisse Chenin Blanc \$5)

Grouper fillet topped with savory crabmeat, delicately baked to golden perfection and finished with a drizzle of lemon butter sauce. — \$15.75

Calories 360 - Fat 22g - Sodium 600mg - Carbs 6g - Protein 40g

Pan Seared Maryland Style Crab Cakes (suggested wine Stingray Sauvignon Blanc \$5)

A golden, pan-seared crab cake made with sweet lump crab meat, lightly seasoned with Old Bay. - \$14.75

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

Shrimp Provencal (suggested wine Rossello Arneis \$5)

Succulent shrimp sautéed in extra virgin olive oil with garlic, peppers, onions, vine-ripened tomatoes, and fresh herbs de Provence. Finished with a splash of white wine and a hint of lemon, served over a bed of rice or pasta. — 15.75

• Calories 480- Fat 18g - Sodium 700mg - Carbs 40g - Protein 32g

GLUTEN FREE

Stuffed Cabbage Rolls

Tender cabbage leaves wrapped around a savory blend of seasoned ground beef and rice, slowly simmered in a rich tomato sauce. — \$13.50

• Calories 420 - Fat 18g - Sodium 650mg - Carbs 34g - Protein 28g



Cashew Chicken Lettuce Wrap (suggested wine Terredirai Prosecco \$5)

Butter lettuce, minced chicken, shredded carrots, shiitake mushrooms, red onion, toasted cashew nuts, and rice wine hoisin dressing. — \$14.75

Calories 420 - Fat 22g - Sodium 500mg - Carbs 22g - Protein30g

Beef Stroganoff

Tender strips of beef simmered in a rich, savory mushroom and onion cream sauce, served over a bed of warm egg noodles. — \$14.75

Calories 620g- Fat 28g - Sodium 820mg - Carbs 48g - Protein 38g



Pork Marsala (suggested wine Coelho Pinot Noir \$5)

Tender pork medallions sautéed and simmered in a rich Marsala wine sauce with mushrooms and garlic, finished with a touch of cream for depth — \$14.75

• Calories 460 - Fat 25g - Sodium 650mg - Carbs 10g - Protein 35g





Chicken Parmesan (suggested wine Cantine Guidi Chianti Classico \$5)

A comforting classic served with spaghetti tossed in a rich, house-made marinara sauce, and finished with a sprinkle of Parmesan and fresh basil for a wholesome, flavorful dish. - \$15.25

• Calories 680 - Fat 28g - Sodium 900mg - Carbs 55g - Protein 40g

Grilled Ham Steak (suggested wine Ca'Montebello Riesling \$5)

Tropical Rum Glaze - \$14.75

• Calories 285 - Fat 11g - Sodium 1250mg - Carbs 0g - Protein 44g

Cranberry Turkey Sandwich (suggested wine Rossello Brachetto \$5)

Sliced turkey breast, smoked Gouda cheese, butter lettuce, tomato, bread & butter pickles, and cranberry aioli on a toasted croissant. Served with Terra chips. — \$10.25

• Calories 650 - Fat 35g - Sodium 950mg - Carbs 48g - Protein 30g

Vegetarian Entrées

Portobello Mushroom Gyro (suggested wine Don Genaro Malbec \$5)

Marinated and grilled portobello mushroom strips served in warm pita bread with crisp lettuce, ripe tomatoes, red onion, and creamy tzatziki sauce. Finished with a sprinkle of feta cheese for a satisfying, plant-based twist on a Mediterranean classic. — \$13.50

Calories

580- Fat 30g - Sodium 750mg - Carbs 50g - Protein 16g

Vegetarian Lasagna (suggested wine Chateau Moulinat Bordeaux \$5)

Generously layered with a creamy blend of ricotta cheese and seasonal vegetables, baked until golden and finished with choice of alfredo or marinara, a sprinkle of Parmesan cheese, and fresh herbs. — \$14.75

• Calories 550 - Fat 26g - Sodium 700mg - Carbs 45g - Protein 26g

Vegetable Plate

Salad Bar, Soup, and choice four sides — \$11.95

Daily Soup - \$2.80

Daily Soup and Salad Bar - \$8.25

Dessert:

Dessert Shooters (change weekly) \$4.25 Daily Dessert \$2.95 All American Root Beer Float \$2.95

Sides:

Seasonal Vegetable (change weekly)
Buttered Corn
Rice Pilaf
Mac & Cheese
Mashed Potatoes
Green Beans
Sweet Potato Mashed