



SANDHILL CRANES

STARTERS & SALADS

DAILY SOUP \$2.80

SALAD BAR & SOUP \$8.25

SHRIMP COCKTAIL \$5.35

CALORIES 60 - FAT 1G - SODIUM 546MG - CARBS 5G - PROTEIN 8G

QUESO FUNDIDO \$4.95

Mexican Sausage ~ Melted Cheese ~ Pita Chips

CALORIES 300- FAT 14G - SODIUM 680MG - CARBS 24G - PROTEIN 12G

CRISPY ARTICHOKE HEARTS \$4.95

Lemon Mustard Aioli

CALORIES 470- FAT 45G - SODIUM 480MG - CARBS 17G - PROTEIN 2G

CLASSIC CAESAR SALAD \$9.50

Add Chicken \$3

Calories 210 Fat 2g Sodium 180mg Carbs Protein 48g

Add Shrimp \$4

Calories 90 - Fat 1g - Sodium 310mg - Carbs 1g - Protein 20g

Add Salmon \$5

Calories 380- Fat 23g - Sodium 98mg - Carbs 0g - Protein 35g

★ GRILLED PEACH & BURRATA SALAD \$13.95

Marinated Tomatoes ~ Fresh Basil

Roasted Garlic Oil ~ Balsamic Fig Glaze

CALORIES 495 - FAT 33G - SODIUM 745MG - CARBS 29G - PROTEIN 23G

VILLAGE SALAD \$15.95

Romaine Lettuce ~ Feta ~ Walnut ~ Tomatoes ~ Edamame

Olives ~ Cucumber ~ Red Wine Herb Dressing

Choice of Salmon or Chicken

CALORIES 577- FAT 39G - SODIUM 795MG - CARBS 15G - PROTEIN 43G

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

GRILLED SALMON WEDGE SALAD \$14

Butter Lettuce ~ Hard Boiled Egg ~ Grape Tomatoes

Watermelon Radish ~ Raspberry Dressing

CALORIES 392- FAT 25G - SODIUM 200MG - CARBS 18G - PROTEIN 30G

MAIN COURSES

★ CHICKEN SOUVLAKI \$14

Marinated Chicken ~ Bell Peppers ~ Lemon Peppers

Lemon Garlic ~ Oregano Sauce Served with Warm

Pita Bread ~ Tzatziki

CALORIES 520 - FAT 20G - SODIUM 546MG - CARBS 35G - PROTEIN 35G

 CHICKEN NORMANDY \$13.95

Pan Seared Chicken Breast ~ Mushrooms ~ Apple Brandy Sauce ~ Fresh Apples

CALORIES 400 - FAT 23G - SODIUM 780MG - CARBS 36G - PROTEIN 36G

 SEAFOOD STEW \$21.95

Assortment of Seafood ~ Roasted Tomatoes ~ Saffron Broth

CALORIES 537 - FAT 11G - SODIUM 1100MG - CARBS 26G - PROTEIN 79G

HOT HONEY LEMON SHRIMP \$14.95

Seasoned with Spices & Herbs ~ Hint of Lemon

CALORIES 500 - FAT 24G - SODIUM 900MG - CARBS 56G - PROTEIN 16G

 CHICKEN PICCATA \$13.50

Brown Lemon Caper Butter

CALORIES 410 - FAT 12G - SODIUM 975MG CARBS 28G - PROTEIN 35G

★ PORK GOULASH \$14

Chunks of Pork ~ Smoked Paprika ~ Caramelized Onions

Spiced Tomato Sauce ~ Ricotta Dumplings

CALORIES 632 - FAT 34G - SODIUM 850MG CARBS 44G - PROTEIN 30G

COCONUT FRIED SHRIMP \$16

Orange Marmalade & Horseradish Sauce

CALORIES 310 FAT 16G SODIUM 560MG CARBS 31G PROTEIN 9G

 CEDAR PLANK SALMON \$14.50

Brown Sugar & Spice Marinade

CALORIES 360 FAT 23G SODIUM 98MG CARBS 0G PROTEIN 35G

★ TILAPIA \$13.95

Available Broiled, Blackened or Panko Breaded

★ CHICKEN BREAST \$13.95

Available Broiled, Blackened, Grilled or

Panko Breaded

★ STEAK TIPS \$14.95

Tender Pieces of Beef ~ Au Jus ~ Compound Butter

Toast Points

CALORIES 480- FAT 19G- SODIUM 446MG - CARBS 20G - PROTEIN 48G

 STUFFED ACORN SQUASH \$14

Italian Sausage ~ Barley ~ Rice Pilaf ~ Root Veggies ~ Salsa Verde

CALORIES 523- FAT 35G- SODIUM 510MG - CARBS 31G - PROTEIN 24G

 BRAISED LAMB SHANK \$18.95

Slowed Braised Lamb ~ Red Wine & Herb Demi-Glaze

CALORIES 346- FAT 19G - SODIUM 766MG - CARBS 8G - PROTEIN 34G

 BAKED MEDITERRANEAN COD \$15.95

Roasted Tomatoes ~ Eggplant & Caper Tapenade

CALORIES 420- FAT 24G - SODIUM 798MG - CARBS 12G - PROTEIN 43G

 BACON WRAPPED PORK TENDERLOIN \$15.95

Bourbon Maple Glaze

CALORIES 210 FAT 13G SODIUM 420MG CARBS 2G PROTEIN 21G

 STEAK FRITES \$17.95

Marinated Hanger Steak & Sidewinder Fries

CALORIES 463 FAT 18G SODIUM 531MG CARBS 40G PROTEIN 34G

★ CHICKEN BAKE \$14.95

Tender Pieces of Chicken ~ Broccoli ~ Spinach

Alfredo Sauce ~ Rigatoni Pasta

CALORIES 950 FAT 79G SODIUM 825MG CARBS 78G PROTEIN 29G

WILD MUSHROOM RAVIOLI \$14.95

Pasta Pockets filled with Herbs, Cheese & Wild Mushroom

Grilled Shrimp ~ Shitake Mushroom Brown Butter

CALORIES 600 FAT 22G SODIUM 1060MG CARBS 72G PROTEIN 28G

 GRILLED FILET MIGNON \$27.95

Sautéed Mushrooms & Béarnaise Sauce

Available Sunday-Tuesday

CALORIES 530 - FAT 30G - SODIUM 1100MG



★  Item can be made Gluten Free, please let your server know.



John Knox Village
of Central Florida

SANDHILL CRANES

VEGETARIAN

VEGETARIAN MEATBALL CASSEROLE \$14

Lentils ~ Root Vegetables ~ Sundried Tomato Pesto
CALORIES 610 FAT 12G SODIUM 600MG CARBS 100G PROTEIN 40G

CAULIFLOWER PARMESAN \$14

Breaded Cauliflower Cutlet ~ Pomodoro Sauce
Mozzarella & Asiago Cheese ~ Pasta
CALORIES 480 FAT 13G SODIUM 520MG CARBS 94G PROTEIN 15G

POTATO STUFFED PIEROGIS \$14

CALORIES 445 FAT 14G SODIUM 650MG CARBS 68G PROTEIN 12G

CAULIFLOWER AND POTATO CURRY \$14

CALORIES 344 FAT 15G SODIUM 165MG CARBS 45G PROTEIN 10G

SIDES

BROCCOLI

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

PARISIAN CARROTS

Calories 35 - Sodium 45mg - Carbs 8g - Protein

DAILY RICE SPECIAL

SPINACH

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

BAKED POTATO

Calories 161 - Sodium 17mg Carbs 37g - Protein 4g

SWEET POTATO

Calories 130 - Sodium 45mg Carbs 33g - Protein 2g

ROASTED ROOT VEGETABLES

Calories 110 - Fat 1g - Sodium 45mg Carbs 25g - Protein 3g

MASHED POTATOES

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

SIDEWINDER FRIES

Calories 110- Fat 3g - Sodium 290mg Carbs 19g - Protein 2g

DAILY SPECIALS

SUNDAY

CARVED BEEF OF TENDERLOIN \$14

CALORIES 280 FAT 20G SODIUM 55MG CARBS G PROTEIN 22G

PORTOBELLO CHICKEN \$13

CALORIES 487 FAT 24G SODIUM 345MG CARBS 11G PROTEIN 55G

MONDAY

COSTA RICAN PORK \$13

CALORIES 401 FAT 20G SODIUM 525MG CARBS 12G PROTEIN 38G

TUESDAY

OVEN ROASTED LEMON CHICKEN \$13.50

CALORIES 470 FAT 14G SODIUM 560MG CARBS 22G PROTEIN 64G

ASIAN DAY AVAILABLE 12:00PM-3PM

WEDNESDAY

SLOW ROASTED PRIME RIB OF BEEF \$16

CALORIES 426 FAT 25G SODIUM 110MG CARBS G PROTEIN 46G

THURSDAY

CORNED BEEF & CABBAGE \$14

CALORIES 336 FAT 15G SODIUM 812MG CARBS 32G PROTEIN 18G

PASTA DAY AVAILABLE 12:00PM-3PM

FRIDAY

PAN SEARED REDSNAPPER\$14.00

CALORIES 218 FAT 3G SODIUM 100MG CARBS G PROTEIN 45G

SATURDAY

GRILLED HAWAIIAN CHICKEN\$13.50

CALORIES 350 FAT 17G SODIUM 600MG CARBS G PROTEIN 47G

WEEKLY CHEF SPECIALS

SPLIT KING CRAB LEGS\$28.95

CALORIES 560- FAT 4G - SODIUM 1800MG CARBS 8G - PROTEIN 112G

CRAB STUFFED SHRIMP \$23.95

CALORIES 640 FAT24G SODIUM 475MG CARBS16 G PROTEIN 84G



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