

AUGUST 17-23



WE OFFER BLUE
PLATE SPECIALS
Lunch 11:30-1:00 pm
Dinner 4:30-6:30 pm

MENU

A LA CARTE
Entree/L.S. \$3.00
Veg/Starch \$1.00
Baked/Sw. Pot \$1.00



LUNCH

Monday

Goulash, *lima beans, *steamed cauliflower
L.S. (6) steamed shrimp

Tuesday

Salmon cake, *mashed sweet potatoes, fried okra
L.S. Grouper

Wednesday

*Blackened catfish, *yellow rice, *steamed broccoli
L.S. (4) grilled chicken tenders

Thursday

Fried shrimp, pasta salad, *steamed dill carrots
L.S. Pork ribeye

Friday

*Sliced ham, *mashed potatoes & gravy, pineapple
casserole
L.S. Salmon

Saturday

Hamburger or hot dog w/ fixings, *vegetarian
baked beans, corn fritters
L.S. Cod

Sunday

Fried chicken (white or dark meat) or breakfast
burrito casserole, *brown butter & sage gnocchi,
*yogurt parfait
L.S. Salmon

Omelets: \$2.50 plus toppings, Pancake platter
\$4.50 (Sundays, 11:30-1:30)

****Low sodium may be substituted for daily
protein****

Daily Soups

\$1.75/\$3.00/\$6.00

Monday -Italian wedding, Loaded potato

Tuesday -Chicken tortilla, Tomato basil

Wednesday -Red lentil & vegetable, Corn
chowder

Thursday -Ham & bean, Broccoli & cheese

Friday -*Vegetable beef, Creamy chicken & wild
rice

Saturday -Beef & barley, Mushroom brie

Sunday -Chicken noodle, She crab

DINNER

Monday

Potato crusted cod, *wild rice, *steamed mixed
vegetables

L.S. (6) steamed shrimp

Tuesday

Gold BBQ baked chicken, *roasted potatoes,
*green beans

L.S. Grouper

Wednesday

Lasagna, fried zucchini sticks, *caprese salad
L.S. (4) grilled chicken tenders

Thursday

*Salmon w/ orange sauce, lemon basil orzo,
*roasted asparagus

L.S. Pork ribeye

Friday

Chicken pot pie, *white rice, *roasted brussels
sprouts

L.S. Salmon

Saturday

Shrimp creole over rice, *buttered peas,
*plantains

L.S. Cod

Sunday

Beef stroganoff over egg noodles, *roasted
beets, *braised cabbage

L.S. Salmon

Pancakes available Sunday dinner (4:30-6:30)

Featured Desserts

Strawberry swirl cheesecake \$2.50

Blueberry pie \$2.50

Mini eclairs \$2.50

Ice cream scoop \$1.00 Peach, Moose tracks,
Butter pecan, Vanilla, Pistachio

*** denotes gluten free**



MONDAY — SUNDAY from 11:30 AM - 2:00 PM, AND 4:00 PM - 6:30 PM

SALADS

House Salad* 1.75/3.25
Spring mix, cucumber, tomato, & onion

Choice of Dressings:

Greek, ranch, honey mustard, blue cheese, Italian, balsamic, raspberry, Caesar, 1000 island, oil & vin.

Greek Salad* 2.50/4.50
Iceberg lettuce, cucumber, tomato, kalamata olives, feta cheese, Greek dressing

Caesar Salad 2.00/3.50
Romaine, parmesan cheese, croutons, Caesar

Chicken Caesar Salad 6.00
Grilled chicken, romaine lettuce, parmesan cheese, croutons, Caesar dressing

Asian Chicken Salad 6.50
Spring mix, tomatoes, onions, mandarin oranges, toasted almond slices, chow mien noodles, Asian dressing

Sunshine Chicken Salad* 7.00
Grilled chicken, raisins, mandarin oranges, almonds, poppyseed dressing

Smoked Salmon Platter 6.00
3 oz. smoked salmon, boiled egg, capers, red onions, herb cream cheese, bagel chips

FLATBREADS

Cheese Flatbread 5.00
Marinara and mozzarella cheese

Pepperoni Flatbread 5.50
Marinara, mozzarella cheese, and pepperoni
--NO add-ons at this time please--

SANDWICHES AND WRAPS

California Club** 7.00
Sliced ham & turkey, avocado, Swiss cheese, bacon, lettuce, tomato, mayonnaise on toasted white bread

Italian Sub 6.50
Salami, pepperoni, ham, provolone cheese, lettuce, tomato, and Italian dressing on a hoagie bun

Caesar Chicken Wrap 6.00
Chicken, romaine lettuce, tomatoes, parmesan cheese, Caesar dressing in a spinach wrap

BLT** 4.00
4 pieces of bacon, lettuce, tomato, mayonnaise on your choice of toasted bread

Chicken, Tuna, or Egg Salad Croissant** 4.00
Lettuce & tomato

Pimento Cheese Sandwich** 3.50
On untoasted bread

Build your Own Sandwich** 4.00
Ham, turkey, or corned beef on white, wheat, rye, croissant or brioche bun. With lettuce and tomato

1/2 Sandwich & Soup** 4.25
BLT, chicken, tuna or egg salad & a cup of soup

Tuna Melt** 4.50
House made tuna salad & Swiss cheese on your choice of grilled bread

Greek Melt(vegetarian)** 4.50
Feta cheese, kalamata olives, roasted red pepper, mozzarella cheese, tzatziki sauce

WC Burger**	5.00
<i>Burger patty, lettuce, tomato, onion, on a Brioche bun</i>	
Hamburger Patty (plain)*	4.00
1/8 lb. or 1/4 lb. Loaded Nathan's Hot Dog	3.25/4.00
<i>Ketchup, mustard, onions, relish, & chili available</i>	
Corned Beef or Turkey Reuben**	5.00
Grilled Cheese Sandwich**	2.25
Cheese Quesadilla	3.00
Chicken & Cheese Quesadilla	4.50
Grilled Chicken Breast*	3.00
Chicken Finger Platter	4.50
<i>3 tenders, shoestring fries, slaw</i>	

SIDES

Coleslaw or Potato Salad*	1.00
Baked or Sweet Potato*	1.00
Shoestring Fries or Sweet Potato Fries*	1.25
Onion Rings	1.50
Brown Rice*	1.00
Salad Feature	1.25
Fresh Seasonal Fruit*	1.25
Selection of Chips	1.25
Cottage Cheese* (add berries .50)	1.25
Applesauce*	.50

BEVERAGES

Canned Soda	1.00
Fountain Soda	1.25
Dunkin Donuts Iced Coffee	3.25
Bottled Water	1.20
Gatorade	2.00
Gold Peak Tea	2.00
Ensure	2.00
Milk	1.00
V8-can	1.20

DESSERTS

Assorted Cookies (1)	1.25
Fudge Brownie	1.50
Desserts of the Week	2.50
Ice Cream Bars/Cups	1.50/1.00

**Gluten free hamburger bun and sliced bread available upon request

*Denotes gluten free item

Chefs Creations

AT THE BISTRO
AUGUST 26TH
WEDNESDAY

Course 1

Southwestern Eggrolls
Shrimp Cocktail
House or Caesar

Course 2

6 oz Filet w/ Red Wine Demi-Glace, Au Gratin
Potatoes, Shaved Brussels Sprouts
or

Duck Breast w/ Blackberry Compote, Au Gratin
Potatoes, Shaved Brussels Sprouts

Course 3

Lemon Berry Cream Mascarpone Cake
or
Ultimate Chocolate Cake

\$20 per person

DINNERS ARE TO GO ONLY. MUST BE RESERVED BY
AUGUST 25TH CALL 7490 TO RESERVE. 5:00, 5:15,
5:30 PICKUP TIMES