



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

SEPTEMBER 7-13

MENU

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



LUNCH

Monday

Hamburger or Sausage dog w/ peppers & onions,
*potato salad, *apple slaw

L.S. (4) grilled chicken tenders

Tuesday

2 Beef tacos(hard or soft shell), *Spanish rice,
*refried beans

L.S. Salmon

Wednesday

Meatloaf w/ mushroom gravy, mashed potatoes &
gravy, *green beans

L.S. (6) steamed shrimp

Thursday

*Feta & herb crusted salmon, *roasted potatoes,
*steamed vegetable medley

L.S. Grouper

Friday

Grouper w/ shrimp cream sauce, gouda cheese
grits, *peas & carrots

L.S. Pork ribeye

Saturday

Shrimp salad roll, *waffle fries, cucumber & tomato
salad

L.S. Salmon

Sunday

Fried chicken (white or dark meat) or ham &
cheese crepes w/ morney sauce, mac & cheese,
braised cabbage

L.S. Grouper

*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 -Beef & barley, Cheesy cauliflower

Tuesday -*Cabbage, Chicken & dumpling

Wednesday -*Chili, Split pea

Thursday -Minestrone, Red pepper & gouda

Friday -Brunswick stew, Yukon potato & cheese

Saturday -*Vegetable, Lobster bisque

Sunday -Chicken noodle (GF pasta available),
Clam chowder

DINNER

Monday

*Dijon crusted salmon, parmesan orzo,
*steamed broccoli

L.S. (4) grilled chicken tenders

Tuesday

*Ham steak, *maple roasted sweet potatoes,
corn pudding

L.S. Salmon

Wednesday

Coconut shrimp, macaroni salad, *plantains,
L.S. (6) steamed shrimp

Thursday

Teriyaki chicken & broccoli over rice, vegetable
egg roll, *bok choy

L.S. Grouper

Friday

Baked ziti, *roasted asparagus, *steamed
carrots, garlic toast (.50)

L.S. Pork ribeye

Saturday

*Pork ribeye w/ apple cider sauce, au gratin
potatoes, *stewed tomatoes

L.S. Salmon

Sunday

Potato crusted cod, *wild rice, *roasted
asparagus

L.S. Grouper

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

Featured Desserts

Fruit of the forrest pie (NSA) \$2.50

Lemon meringue pie \$2.50

Chocolate tort (GF) \$2.50

Ice cream scoop \$1.00 Peach, Moose tracks,
Butter pecan, Vanilla, Sea salt caramel truffle

*** 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
Lettuce blend, 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
Lettuce blend, tomatoes, onions, mandarin oranges, toasted almond slices, chow mien noodles, Asian dressing

Sunshine Chicken Salad* 7.00
Lettuce blend, 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, rye toast points

FLATBREADS

Cheese or Pepperoni Flatbread 5.00/5.50
Marinara and mozzarella cheese/pepperoni

Margarita Flatbread 5.50
Pesto, fresh mozzarella, tomatoes, fresh basil
--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 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 Sandwich** 4.00
Lettuce & tomato on choice of bread

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
Grilled Chicken Sandwich**	5.50
<i>Grilled chicken, Swiss cheese, bacon, honey mustard</i>	
Fish and Chips	4.50
<i>Beer battered cod and shoestring fries</i>	
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 CAFE
SEPT. 17TH

Course 1

Crab Rangoons
Buffalo Chicken Dip
House or Caesar

Course 2

6 oz Filet w/ Boursin Cheese Sauce, Loaded Mashed
Potatoes, Roasted Baby Carrots
or

Bone-In Blackened Pork Chop, Loaded Mashed
Potatoes, Roasted Baby Carrots

Course 3

Raspberry White Chocolate Cheesecake
or
Peanut Butter Pie

\$20 per person

DINNERS ARE TO GO ONLY. MUST BE RESERVED BY
SEPTEMBER 15TH CALL 7490 TO RESERVE. 5:00, 5:15,
5:30 PICKUP TIMES. PICK UP TIMES MAY BE ALTERED
IF SLOTS FILL UP.