

SEPT 28-OCT 4



WE OFFER BLUE
PLATE SPECIALS
Lunch 11:30-1:30 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

Polynesian chicken, *fried rice, *steamed broccoli
L.S. Tuna steak

Tuesday

*Sausage & potato skillet, *black eyed peas, fried green tomatoes

L.S. Salmon

Wednesday

Fried chicken livers w/ brown gravy, *yellow rice, *peas

L.S. (6) steamed shrimp

Thursday

2 grilled shrimp tacos w/ lime slaw, *pineapple rice, *vegetable stir fry

L.S. (4) grilled chicken tenders

Friday

Sloppy Joe, *tater tots, *slaw

L.S. Grouper

Saturday

Chicken wings, BLT pasta salad, tomato pie

L.S. Salmon

Sunday

Fried chicken (white or dark meat) or Blueberry & cream cheese French toast casserole, *yams, *green beans

L.S. Pork ribeye

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 -Ham & bean, Creamy chicken & wild rice

Tuesday-Chicken stew, Butternut squash

Wednesday-Tomato Florentine, Broccoli & cheese

Thursday-Chicken tortilla, She crab

Friday -Tomato basil, Mushroom brie

Saturday -Stuffed bell pepper, Potato

Sunday -Seafood gumbo, Chicken & dumpling

DINNER

Monday

*BBQ ribs, mac & cheese, *collard greens
L.S. Tuna steak

Tuesday

Pistachio crusted chicken breast, *roasted garlic mashed potatoes, *sauteed spinach

L.S. Salmon

Wednesday

Manicotti, *steamed cauliflower, *green beans
L.S. (6) steamed shrimp

Thursday

Veal fritter w/ piccata sauce over linguine, *buttered corn, *sauteed squash & zucchini

L.S. (4) grilled chicken tenders

Friday

Salmon w/ hollandaise & capers, parmesan orzo, broccoli casserole

L.S. Grouper

Saturday

Garlic parmesan pork ribeye, au gratin potatoes, *spiced apples

L.S. Salmon

Sunday

*Pot roast, *roasted potatoes, *roasted carrots
L.S. Pork ribeye

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

Featured Desserts

NY cheesecake w/ strawberry sauce \$2.50

Double chocolate sheetcake \$2.50

Lemon cream pie \$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. 30TH

Course 1

Fried Crab Claws,
Burrata w/ Tomato Jam
House or Caesar

Course 2

6 oz Filet w/ Bacon Jam, Wild Rice with Craisins and
Walnuts, Sauteed Haricot Verts
or

Halibut w/ a Butter Cream Sauce, Wild Rice with
Craisins and Walnuts, Sauteed Haricot Verts

Course 3

Pumpkin Cheesecake
or
Mississippi Mud Pie

\$20 per person

DINNERS ARE TO GO ONLY. MUST BE RESERVED BY
SEPTEMBER 28TH CALL 7490 TO RESERVE. 5:00,
5:15, 5:30 PICKUP TIMES. PICK UP TIMES MAY BE
ALTERED IF SLOTS FILL UP.