



Menu of the Week
March 3rd - 7th
National Nutrition Month



Monday

Manhattan Clam Chowder
 Bruschetta Chicken \$4.50
 Roasted Garlic Lemon Cod \$4.75
 Chef's Choice

Rosemary Roasted Potatoes
 Green Beans
 Mixed Squash

Tuesday

Build a Mardi Gras Bowl - \$5.50

Base: Brown Rice, Grits or Hush Puppies
 Protein: Cajun Chicken, Shrimp or Andouille
 Sausage Add ons: Red Beans, Peppers, Onions,
 Celery, Peas, Tomatoes, Collard Greens, Fried Okra
 Top with: Creole, Etouffee or Remoulade Sauce

***Mardi
 Gras***

Vegetable Lentil Soup
 Blackened Flounder \$4.75
 Broccoli
 Brown Rice
 Muffalata Sandwiches \$5.50

Wednesday

Creamy Chicken, Leek & Mushroom Soup
 Jamaican Pork Loin \$4.50
 Shepherds Pie \$4.75
 Chefs Choice
 Pizza Plain \$ 2.35 Pizza with 1 topping \$2.55

Ash
 Wednesday

Specialty Pizzas \$2.75
 Whipped Potatoes
 Brussel Sprouts
 Carrots

Thursday

Broccoli Cheddar Soup
 Salmon with Dill Sauce \$5.50
 ChickPea Stew over Rice \$4.00
 Cuban Panini \$5.50 ½ with Soup \$4.60

Curly Fries
 Turmeric Rice
 Asparagus
 Beets

Friday

Thai Coconut Shrimp Soup
 Maryland Crab Cake \$5.50
 Macaroni & Cheese \$4.00
 Bourbon Bacon Chicken Sandwich \$5.50

Onion Rings
 California Veggies
 Stewed Tomatoes

Soup \$1.95 Daily

Vegetables \$1.25 Daily

Fries \$1.50

A variety of to go salads and sandwiches are available

Open 7 days a week 7am - 230pm & 4pm-630pm (closed 230pm - 4pm daily) Weekends til 2pm