



Breakfast

Ambrosia Parfait \$2.50

(Vanilla yogurt layered with apricot, fig and date compote topped with plums and cheerios)

Bacon Potato Breakfast Burrito \$3.25

(Scrambled eggs with bacon and cheddar cheese rolled in a flour tortilla)

Eggs to Order, Home Fries & Toast \$2.25

(Eggs, fried potatoes and choice of toast)

Almond Crunch French Toast \$2.75

(Multi- grain bread, corn flakes, sliced almonds and raspberry sauce)

Egg & Cheese Muffin \$1.50

(Your favorite - served on a toasted English muffin)

Banana Walnut Whole Wheat Pancake \$2.75

(Buttermilk pancakes with whole wheat flour, banana and walnuts)

Western Omelet with Toast \$3.75

(Three egg omelet filled with ham, onions and peppers. Served with two slices of toast)

Belgian Waffle with Mixed Fruit \$3.50

(Belgian waffle topped with fresh cantaloupe, honeydew, pineapple, strawberries & blueberries)

Sides

Bacon or Sausage \$1.00

Bagel or English Muffin \$.85

Sticky Bun \$1.50

Toast \$.35

Fruit Cup \$1.75

Beverages

Milk, 2% Milk \$1.25

Coffee, Decaf Coffee, or Hot Tea \$1.25

Orange Juice \$1.50

Cranberry Juice \$1.50



Lunch


Sides

Classic Garden Salad   \$2.75

(Mixed greens with fresh grape tomato, cucumber, carrots, sweet bell pepper & black olives)

Confetti Vegetable Salad   \$1.50

(Black beans, corn, cucumbers, radishes and peppers tossed in a lime cilantro yogurt dressing)

Tortellini Salad with  \$2.00

Arugula

(Cheese tortellini tossed with garlic, yellow squash, zucchini, peppers, capers and vinaigrette)

Soup Du Jour cup/ bowl \$1.50/
\$2.00

Roasted Red Bliss    \$1.00

Potatoes

Steamed Broccoli    \$1.00

Desserts

Ice Cream \$2.00

Pie/Cake \$2.00

Sugar free Dessert \$2.00

Grilled Chicken Caesar Flatbread Salad  \$4.95

*(Grilled chicken breast, romaine, tomatoes, rosemary-garlic croutons, olives and Caesar dressing) 1 side**

Cilantro Pecan Chicken Sandwich \$4.50

*(Balsamic grilled chicken breast with red cabbage slaw and cilantro pecan pesto on freshly baked foccacia) 1 Side**

Angus Burger on Brioche \$4.50

*(lettuce, tomato, top an Angus burger on a toasted brioche roll) 1 Side**

Ripe Tomato Pizzetta   \$4.25

*(Whole Wheat Pizza Layered with Ricotta Cheese, Tomatoes, Wilted Spinach, Roasted Garlic and Parmesan cheese) 1 Side**

Shrimp and Crab Scampi over Linguini \$9.00

*(Shrimp, crab and mushrooms sautéed with garlic, tossed with creamy white wine sauce and linguini) 2 Sides**

Pretzel Salmon Fillet  \$9.00

*(Fresh salmon fillet baked with pretzel crust and topped with roasted tomato coulis) 2 Sides**

Jerk Pork with Mango Cucumber Salsa  \$8.75

*(Pork loin packed with island flavor and a bit of heat served with mango cucumber salsa) 2 sides**

Beverages

Coffee, Decaf Coffee, or Hot Tea \$1.25

Soft Drinks/Water \$1.00

2% Milk \$1.25

Notice: Consuming raw or undercooked meat, poultry seafood, or eggs may increase your risk of foodborne illness



Dinner

Chicken and Black Bean Quesadilla \$4.75

(Chipotle chicken, mozzarella cheese & black beans with cilantro-chili yogurt)

Crab Cake Sandwich on Brioche Roll \$9.00

(The Maryland classic, lump crab rolled in cracker crumbs and grilled) **1 Side***

Atlantic Salmon and Spinach Wrap \$6.75

(Asian-sesame roasted salmon tossed with an old bay mayo dressing with baby spinach & tomato in a whole wheat tortilla) **1 Side***

Mandarin and Chili Pork Stir-fry \$6.25

(Pork loin stir fried with bok choy, mandarin oranges, chinese five spice and chili garlic paste) **2 Sides***

Shrimp Fresca Pizzetta \$5.50

(Whole wheat pizza layered with pizza sauce, lemon garlic shrimp, tomatoes, mozzarella & parmesan cheeses and scallions) **1 Side***

Meatloaf \$5.99

(Baked ground beef mixed with bread crumbs & seasonings)

Chicken Marsala over Linguini \$6.25

(Chicken breast sautéed in olive oil and served with a rich mushroom marsala sauce)

Beverages

Coffee, Decaf Coffee, or Hot Tea	\$1.25
Soft Drinks/Water	\$1.00
2% Milk	\$1.25

Side Dishes

Classic Garden Salad \$2.75

(Mixed Greens with Fresh Grape Tomato, Cucumber, Carrots, Sweet Bell Pepper & Black Olives)

Confetti Vegetable Salad \$1.50

(Black Beans, Corn, Cucumbers, Radishes and Peppers Tossed in a Lime Cilantro Yogurt Dressing)

Tortellini Salad with Arugula \$2.00

(Cheese Tortellini Tossed with Garlic, Yellow Squash, Zucchini, Peppers, Capers and Vinaigrette)

Mashed Yukon Gold Potatoes \$1.00

Ginger Glazed Carrots \$1.00

(Baby carrots glazed with brown sugar, lemon juice and fresh ginger)

Soup Du Jour cup/bowl \$1.50/

\$2.00

Desserts

Ice Cream	\$2.00
Pie/Cake	\$2.00
Sugar free Dessert	\$2.00

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