

Entrée Menu



HOMESTYLE SALISBURY
Salisbury Steak with Onion Ale Gravy,
Mashed Potatoes **FIT**, and Glazed Carrots



SMOKEHOUSE
Pulled Pork, Corn Casserole and Tater Tots



FALAFEL BAR
Falafels, Hummus, Grilled Chicken, Baba
Ghanoush, Tabouleh, Kalamata Olives,
Feta, Tzatziki, Pita Bread, Toppings & Sauces



BOURBON GLAZED CHICKEN
Bourbon Chicken Thigh with Jasmine Rice
FIT, and Steamed Broccoli **FIT**



WHITE CLAM LINGUINI
Linguini and White Clam Sauce with
Steamed Asparagus **FIT** and Focaccia



Weekly Specials

SPINACH AND RICOTTA



PATTY MELT
A Beef Patty with Swiss Cheese, and
Caramelized Onions On Texas Toast



AVOCADO NICOISE
Potatoes, Green Beans, Tomatoes, Hard-
boiled Egg, Avocado and Tuna served over
Romaine Lettuce



HOT HONEY CHICKEN
Crispy Fried Chicken in Hot Honey Sauce,
Topped with Pickles



HAM & CHEDDAR PANINI
Ham and Cheddar Cheese on White Bread
Pressed on a Panini Machine



**MUSHROOM BISQUE
& CHEF'S CHOICE**



Entrée Menu



GLOBAL FOOD TREND
Lemon Oregano Shrimp with Couscous and Sautéed Zucchini with Feta



PORK CHOP
Breaded Boneless Pork Chop with Lentils and Glazed Carrots



GLOBAL FOOD TREND
Filipino Insal: Filipino BBQ Chicken Leg Quarter with Fish Sauce **FIT**, Noodles with Pork and Fish Sauce, Honey Chili Spiced Grilled Pineapple **FIT**, and Pickled Spicy Cucumbers



CLASSIC LASAGNA
Beef Lasagna with a Side Salad and Homemade Bread



ORANGE GLAZE VEGGIE BOWL
Crispy "Orange Chicken" Cauliflower **FIT**, with Jasmine Rice **FIT**, and Roasted Broccoli **FIT**



Weekly Specials

MEDITERRANEAN HARVEST
Spinach, Artichoke, Feta Cheese, Roasted Red Peppers & Balsamic Glaze



FISH PO'BOY
Blackened Fish with Lettuce, Tomato, Remoulade and Pickles on a Hoagie



CHOPPED GREEK SALAD
Chickpeas, Feta, Olives, Red Wine Vinaigrette **FIT**



BUFFALO CHICKEN WRAP
Spicy Buffalo Chicken Wrapped with Crisp Lettuce, Tomato, Blue Cheese Crumble and Diced Celery in a Tortilla



VEGAN MUFFALETTA
Chopped Bell Peppers, Eggplant, Squash, Lettuce and Giardiniera on a Sub Roll



SPANISH TURKEY SOUP ALBONDIGAS FIT & CHEF'S CHOICE



Entrée Menu



PAN SEARED LEMON CHICKEN
Pan Seared Lemon Herbed Chicken **FIT** with Sautéed Spinach **FIT** and Roasted Fingerling Potatoes with Rosemary



LUCK OF THE IRISH
Corned Beef and Cabbage with Roasted Carrots and Parsnips **FIT**



MARCH MADNESS
BYO "Nothin But Net" Bowl
Spanish Rice **FIT** with Cilantro Lime Chicken, and Toppings



EID-AL-FITR
Curry Chicken Masala with Basmati Rice **FIT** and Turkish Eggplant Meze **FIT**



TORTELLINI
Cheese Tortellini a la Vodka with Steamed Peas and Carrots **FIT** with Crispy Bread



Weekly Specials

BBQ CHICKEN
BBQ Chicken with Ranch Drizzle on a Crispy Crust



CHEESEBURGER WRAP
Chopped Burger Patty, Cheddar Cheese, Diced Onion, Diced Tomato, Shredded Lettuce and Burger Sauce in a 12" White Wrap



CHICKEN CAESAR
Romaine Lettuce with Chicken Breast, Parmesan Cheese and Croutons



MARINATED FRIED CHICKEN
Crispy Fried Chicken Marinated in Pickle Juice with Fresh Lettuce and Tomato



REUBEN
Corned Beef, Swiss Cheese, Sauerkraut, and Russian Dressing on Rye



CABBAGE VEGETABLE SOUP & CHEF'S CHOICE



Entrée Menu



SHRIMP ALFREDO

Fettuccini Noodles with Alfredo Sauce and Shrimp, Brussels Sprouts and Garlic Bread



TACO TUESDAY

Pulled Chicken with Cuban Black Beans, Cilantro Lime Rice, and Toppings



GLOBAL FOOD TREND

Filipino Inasal
BBQ Chicken Breast Quarter with Fish Sauce, Fried Garlic Annatto Rice **FIT**, Sautéed Chinese Broccoli **FIT**, Pickled Spicy Cucumbers and Pickled Mango



SOUTHERN CHICKEN

Fried Chicken Drumstick or Thigh, Mac and Cheese, and Sautéed Green Beans **FIT**



VEGETABLE FRIED RICE

Fried Rice with Carrots, Peas and Scallions with Edamame



Weekly Specials

SICILIAN SAUSAGE



ITALIAN SAUSAGE SUB

Sausage, Provolone Cheese, Peppers and Onions on a Sub Roll



COBB SALAD

Crisp Lettuce with Blue Cheese Crumbles, Hard Boiled Eggs, Crispy Bacon, and Creamy Avocado



BUFFALO CHICKEN GRILLED CHEESE

Shredded Chicken with Hot Sauce, Cheddar and American Cheese on Texas Toast



SPICY SHRIMP SALAD

Spicy Cajun Shrimp Salad with Lettuce, Tomato on a Brioche Bun



VEGETARIAN MINESTRONE SOUP **FIT** & CHEF'S CHOICE



Entrée Menu



GENERAL TSO'S CHICKEN
Boneless Chicken Thigh in a Sweet and Sour Sauce with Jasmine Rice **FIT**, Sauteed Bok Choy, Broccoli, Red Pepper, Mushroom and Carrots **FIT**



LEMON HERB CHICKEN
Lemon Herb Roasted Chicken Breast with Roasted Zucchini and Squash **FIT** with Creamy Polenta



BYO RAMEN BAR
Vegetable Broth, Ramen Noodles **FIT**, Miso Ginger Marinated Chicken Thigh with Toppings



SOUTHERN FISH AND CHIPS
Fried Catfish with Seasoned Wedges



VEGETARIAN PARMESAN
Eggplant Parmesan with Spaghetti Noodles and Roasted Carrots



Weekly Specials

BUFFALO
Buffalo Shredded Chicken with Red Onions, Blue Cheese Crumbles and Green Onions



MEATBALL SUB
Meatballs with Marinara Sauce, Parmesan Cheese on a Hoagie Roll



CRISPY CHICKEN SALAD
Crispy Fried Chicken over Fresh Lettuce with Red Onions, Tomatoes, Cucumbers, and Shredded Carrots



CHICKEN GYRO
Chicken Wrapped in Warm Pita with Creamy Tzatziki and Fresh Veggies



CUCUMBER THIN
Grilled Chicken, Thinly Sliced Cucumbers, Cream Cheese, on a Sandwich Thin



NEW ENGLAND CLAM CHOWDER & CHEF'S CHOICE



FALAFEL



BAR

Wednesday,
03.04

**Falafels, Hummus,
Proteins and Toppings**

MEATLESS FRIDAY'S

03.06

Linguinie &
White Clam
Sauce with
Steamed
Asparagus FIT

03.13

Crispy "Orange
Chicken"
Cauliflower FIT
with Jasmine Rice
FIT and Roasted
Broccoli FIT

03.20

Cheese Tortellini
a la Vodka with
Steamed Peas
and Carrots FIT
and Crispy
Bread

03.27

Fried Rice with
Carrots, Peas
and Scallions
with
Edamame

04.03

Eggplant
Parmesan with
Spaghetti
Noodles and
Roasted Carrots



FILIPINO INASAL

& Wednesday, 03.11
Wednesday, 03.25



**SPILL THE SAUCE ON
FILIPINO INASAL!**

GLOBAL FOOD TREND

CELEBRATE

Saint
**PATRICK'S
DAY**



Corned Beef and Cabbage
Roasted Carrots and Parsnips
Red Bliss Potatoes

TUESDAY, MARCH 17



BYO RAMMEN BAR



VEGETABLE BROTH
RAMEN NOODLES
PROTEINS & TOPPINGS

join us Wednesday 04.01