



# CHATEAU MENU

*Meals include choice of two starters, one entrée with two sides or three petite sides, one dessert, beverage and a take-home snack of either two cookies OR one piece of whole-fruit*

## *Starters*

### **FRESH TOSSED CAESAR SALAD**

romaine | caesar | garlic croutons | parmesan

### **PETITE COBB SALAD**

turkey | bacon | tomato | roquefort | avocado | hard-boiled egg | choice of dressing

### **TOMATO BURRATA SALAD**

organic spinach | vine ripened tomatoes | mozzarella cheese | balsamic reduction

### **ARTISAN CHEESE PLATE**

assorted cheeses | candied walnuts | whole grain mustard | fruit | assorted crackers

### **BONE-IN CHICKEN WINGS**

three wings | frank's redhot or plain | bleu cheese dressing or ranch

### **SHRIMP COCKTAIL**

three poached shrimp | cocktail sauce | lemon

### **COCONUT SHRIMP**

three coconut battered shrimp | sweet and sour sauce | lemon

### **BUILD YOUR OWN SALAD**

carrots | celery | red onions | grape tomatoes | cucumbers | mushrooms | broccoli | black olives | kidney beans | beets | cottage cheese | grapes | blueberries | prunes | applesauce | crumbled blue cheese | choice of dressing: blue cheese, ranch, honey mustard, 1000 island, italian, low-fat italian, olive oil, red wine vinegar, rice vinegar and balsamic vinegar | choice of toppings: sunflower seeds, croutons, raisins, walnuts and parmesan

## *Entrées*

### **TURKEY AVOCADO WRAP**

deli turkey | bacon | green leaf lettuce | tomato | avocado | mayo

### **4oz. GRILLED ANGUS BURGER**

green leaf lettuce | tomato | onions | b & b pickles

### **ENTRÉE BONE-IN CHICKEN WINGS**

five wings | frank's redhot or plain | bleu cheese dressing or ranch

### **ENTRÉE COCONUT SHRIMP**

five coconut battered shrimp | sweet and sour sauce | lemon

### **4oz. GRILLED ANGUS FILET MIGNON**

house steak sauce

### **SURF & TURF**

grilled 4oz. angus filet | two coconut battered shrimp | house steak sauce | cocktail sauce

### **SHRIMP SCAMPI**

fresh water shrimp | tomato | white wine | butter | cream | pasta

### **SPAGHETTI BOLOGNESE**

spaghetti pasta | tomato meat and garlic sauce | parmesan cheese

# Healthy Choices

## Starters

### COMPOSED SEASONAL FRUIT PLATE

seasonal fresh fruit | crème fraiche

### GRANOLA PARFAIT

organic granola | assorted fresh berries | vanilla greek yogurt

### SMOKED SALMON AVOCADO TOAST

norwegian smoked salmon | tomato | red onion | fresh avocado | capers |  
dill | cracked pepper | evoo

## Entrees

### 5oz. GRILLED CHICKEN BREAST

local free-range chicken

### ATLANTIC SALMON

baked | poached | grilled | blackened | broiled

### PROTEIN QUINOA BOWL

choice of chicken, salmon or 3pc sautéed shrimp | grape tomatoes | black beans |  
carrots | cilantro | avocado | chipotle curry dressing

## *Sides*

- ◆ Choice of the following fresh steamed vegetables: Broccoli, Cauliflower, Peas, or Carrots
  - ◆ Baked Potato
  - ◆ Baked Yam
  - ◆ Brown Rice
- ◆ Quinoa
- ◆ Stewed Black Beans
- ◆ Fresh Fruit Cup
- ◆ French Fries
- ◆ Chips

## *Desserts*

- ◆ Slice of Pie w/ Optional Ala Mode Ice Cream w/ One Cookie
- ◆ Piece of Cake w/ Optional Ala Mode Ice Cream w/ One Cookie
- ◆ Dish of Ice Cream 4oz. w/ Choice of Toppings w/ One Cookie
  - ◆ Chocolate, Vanilla or Strawberry Milkshake or Malt
- ◆ Dish of Jell-o or Tapioca Pudding or Chocolate Pudding w/ One Cookie
  - ◆ Three Cookies

## *1/2 Meal Credit Lunch Option*

*(Available only during lunch hours)*

*Includes 4oz. glass of milk or juice and refillable portions of coffee, iced tea or herbal tea*

### Choice of:

*Bowl of soup and house salad OR Any 1/2 sandwich with choice of fruit, house salad, or cup of soup*

*\*Does not include dessert*

*Please be advised that food prepared in our facility may contain or have been exposed to the following ingredients: peanuts, milk, eggs, wheat, gluten, tree nuts, soybean, sesame, fish, and/or shellfish.*