

TRADITIONS

SALADS

Chef Salad 🌱 \$7.50 | \$10.50

Crisp romaine, deli ham, turkey, carrots, cucumbers, hard boiled eggs, tomato, cheddar cheese and provolone

Substitute: chicken or tofu

Calories 390/Protein 28g/Carbs 12g/Fat 22g/Sodium 750mg

Cobb Salad 🌱 \$5 | \$8

Romaine, tomatoes, hard-boiled egg, bleu cheese crumbles, bacon, and avocado

Calories 340/ Protein 12g/ Carbs 8g/ Fats 28g/Sodium 1,300mg

Spinach and Mixed Berry Salad 🌱 \$8.50 | \$11.50

Baby spinach, strawberries, blueberries, cucumbers, candied pecans, and goat cheese

Calories 650/Protein 21g/Carbs 40g/Fat 48g/Sodium 280mg

Chicken or Seafood Salad Plate 🌱 \$10.50 | 12.75

Crab and shrimp salad or chicken salad with lettuce, raspberries, and blueberries, served with pita chips

Chicken:

Calories 625/Protein 34g/Carbs 43g/Fat 34g/Sodium 850mg

Seafood:

Calories 545/Protein 18g/Carbs 51g/Fat 32g/Sodium 800mg

Salad Dressings: homemade ranch, balsamic, bleu cheese, honey mustard, raspberry vinaigrette, 1000 island

Add to any item or à la carte:

Tofu 🌱 \$5

Calories 100/Protein 9g/Carbs 4g/Fat 6g/Sodium 680mg

Grilled Chicken 🌱 \$5

Calories 220/Protein 36g/Carbs 0g/Fat 6g/Sodium 190 mg

Fried Chicken \$5

Calories 350/Protein 26g/Carbs 10g/Fat 8g/Sodium 800mg

Grilled Salmon* 🌱 \$12.00

Calories 412/Protein 33g/Carbs 0g/Fat 29g/Sodium 190mg

Sautéed Shrimp 🌱 \$8

Calories 300/Protein 36g/Carbs 2g/Fat 15g/Sodium 200mg

Add to any à la carte: honey yogurt dill, honey bourbon sauce, fruit salsa, teriyaki glaze

Soup \$4

Vegetable Soup

Soup Du Jour

HEATHLY CHOICES

Pesto Primavera \$7 | \$10

Squash, zucchini, broccoli, red pepper, and wheat penne tossed in a nut-free pesto

Calories 700/Protein 16g/Carbs 48g/Fat 41g/Sodium 270mg

Grilled Portobella Mushroom 🌱 \$9

Served with tomato, garlic, shallots and FARM basil, topped with mozzarella and pesto with 1 side.

Calories 650/Protein 25g/Carbs 8g/Fat 55g/Sodium 800mg

Grilled Salmon Bowl 🌱 \$12 | \$15

Served with squash, tomato confit, mushroom, and onion ragout atop brown rice and drizzled with a honey yogurt dill sauce

Calories 500/Protein 38g/Carbs 24g/Fat 25g/Sodium 150mg

Stir Fry 🌱 \$9 | \$12

Tofu or chicken stir-fried in a gluten-free stir-fry sauce with asparagus, ginger, onion, carrots, baby corn, and mushrooms with rice noodles

Calories 450/Protein 20g/Carbs 60g/Fat 12g/Sodium 1,200mg

Substitute: shrimp \$3, salmon \$7, or chicken

Chicken Tahini 🌱 \$10

Grilled chicken breast served over brown rice, garnished with a tomato cucumber salad and a lemon tahini dressing

Calories 732/Protein 63g/Carbs 39g/Fat 34g/Sodium 460mg

SIDES \$3

Hushpuppies

Calories 150/Protein 2g/Carbs 22g/Fat 1g/Sodium 310mg

Side Salad 🌱

Calories 35/Protein 2g/Carbs 7g/Fat 0g/Sodium 30mg

Mashed Potatoes 🌱

Calories 160/Protein 4g/Carbs 24g/Fat 10g/Sodium 500mg

Loaded Baked Potato 🌱

Calories 470/Protein 6g/Carbs 35g/Fat 20g/Sodium 700mg

Loaded Sweet Potato 🌱

Calories 635/Protein 4g/Carbs 68g/Fat 40g/Sodium 350mg

Crinkle Fries 🌱

Calories 250/Protein 2g/Carbs 28g/Fat 16g/Sodium 400mg

Carrot Fries 🌱

Calories 130/Protein 2g/Carbs 30g/Fat 10g/Sodium 300mg

Brown Rice 🌱

Calories 130/Protein 2g/Carbs 22g/Fat 3g/Sodium 290mg

Fresh Fruit 🌱

Calories 80/Protein 0g/Carbs 13g/Fat 0g/Sodium 0mg

Asparagus & Mushroom 🌱

Calories 80/Protein 2g/Carbs 3g/Fat 6g/Sodium 300mg

Sautéed Spinach 🌱

Calories 74/Protein 5g/Carbs 7g/Fat 4g/Sodium 300mg

Coleslaw 🌱

Calories 190/Protein 1g/Carbs 14g/Fat 15g/Sodium 200mg

Vegetable of the Day

*These items can be cooked to order. Consuming raw or undercooked meats, poultry, seafood, shellfish, eggs, or unpasteurized milk may increase your risk of foodborne illness. Nutritionals content is approximate.

TRADITIONS

HANDHELDS

SERVED WITH ONE SIDE

Fast Food Smash Burger \$8 | \$9

Certified Angus beef smash burger on a glossy brioche bun with lettuce, tomato, red onion, and pickle, Scheff sauce available upon request.

Single

Calories 310/Protein 28g/Carbs 12g/Fat 14.5g

Double

Calories 390/Protein 50g/Carbs 22g/Fat 22g

Add cheese, bacon, caramelized onion, mushrooms, or a fried egg / \$0.75 ea.

Chicken Tenders \$6.50 | \$9.50

Hand bread chicken tenders served with 1 side

Calories 760/Protein 454g/Carbs 32g/Fat 44g/Sodium 1350mg

Choice of sauce: honey mustard, ranch and BBQ sauce

Chicken Salad or Seafood Salad

Sandwich \$10.50 | \$12.75

Traditions Seafood or Chicken Salad with lettuce and tomato on your choice of bread.

Chicken: Add bacon or cheese / \$0.75

Calories 540/Protein 26g/Carbs 54g/Fat 26g/Sodium 1,020mg

Seafood: Add bacon or cheese / \$0.75

Calories 550/Protein 20g/Carbs 61g/Fat 25g/Sodium 1,010mg

Chicken Pesto Sandwich

Nut-free pesto, marinated and grilled chicken breast, fresh mozzarella, tomato, lettuce on a brioche bun. \$14.00

Calories 1,080/Protein 68g/Carbs 44g/Fat 68g/Sodium 1,750mg

Gyro

Beef and lamb, lettuce, shaved red onion, diced tomato, tzatziki sauce on pita. \$11.50

Substitute: chicken or tofu

Calories 780/Protein 42g/Carbs 58g/Fat 42g/Sodium 1,500mg

Chicken Parm Sandwich

Fried or grilled chicken breast topped with marinara and fresh mozzarella cheese on a brioche bun. \$11.50

Calories 950/Protein 50g/Carbs 36g/Fat 65g/Sodium 1,800mg

BLT

Applewood smoked bacon, crisp lettuce, and tomatoes with mayo on your choice of bread \$6

Calories 625/Protein 20g/Carbs 50g/Fat 23g/Sodium 1,370mg

Add cheese / \$0.75

Add chicken salad, turkey or ham \$2.50 each

Classic Grilled Cheese

Your choice of American, cheddar, provolone, or Swiss on your choice of bread \$4.75

Calories 420/Protein 18g/Carbs 48g/Fat 30g/Sodium 960mg

Add tomato or bacon / \$0.75

Add chicken salad, turkey or ham \$2.50 each

Soup and ½ Sandwich

BLT, chicken salad, or grilled cheese \$7

Add seafood salad / \$2.25

No side choice

MAINS

BBQ Ribs \$15 | \$20

½ or full rack of in-house smoked ribs smothered in a tangy BBQ sauce, served with 2 sides

Calories 2,650/Protein 155g/Carbs 45g/Fat 205g/Sodium 2,400mg

Fried Oysters \$12 | \$15

Oysters dusted in Wondra flour, fried golden brown, served with 2 sides

Calories 320/Protein 18g/Carbs 22g/Fat 20g/Sodium 700mg

Lamb Chops \$17 | \$20

Marinated in thyme, rosemary, garlic, olive oil, and worcestershire. Grilled, served with 2 sides and mint jelly

Calories 610/Protein 46g/Carbs 0g/Fat 46g/Sodium 95mg

Roasted ½ Chicken \$11

Classic herb-roasted chicken, served with your choice of two sides

Calories 300/Protein 33g/Carbs 0g/Fat 12g/Sodium 500mg

Flatbread Pizza \$7

Build your own pizza with mozzarella cheese, traditional red sauce and add any of the following toppings: pepperoni, Italian sausage, bell peppers, mushrooms, black olives, bacon, black beans, onions / \$0.50 each
No side choice

Spaghetti \$7 | \$10

Spaghetti noodles tossed in pesto, marinara sauce or meat sauce. Served with garlic bread

Calories 204/Protein 12g/Carbs 35g/Fat 3g/Sodium 379mg

Shrimp Platter \$11 | \$14

Hand-breaded and golden-fried or sautéed shrimp, served with 2 sides

Calories 1040/Protein 54g/Carbs 143g/Fat 30/Sodium 960mg

Stuffed Trout \$14

Baked trout stuffed with lemon, basil, oregano and leeks. Served with 2 sides.

Calories 385/Protein 40g/Carbs 0g/Fat 24/Sodium 120mg

Fried or Blackened Catfish \$11.50

Blackened catfish served with hushpuppies and a choice of a side

Calories 870/Protein 39g/Carbs 61g/Fat 50g/Sodium 1350mg

Eggs Your Way* \$3.50

2 eggs fried your way or scrambled with toast

3 Egg Omelets \$5

Toppings: black beans, ham, bacon, onion, peppers, mushrooms, spinach, tomatoes, cheese / \$0.50 each. Served with a choice a bread.



Dairy Free



Gluten Free

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