

SALADS**Endless Salad Bar \$5.75****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

Cobb Salad

\$5 | \$8

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

Spinach and Mixed Berry Salad

\$8.50 | \$11.50

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

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

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

Add to any item or à la carte:**Tofu**

\$5

Grilled Chicken

\$5

Fried Chicken

\$5

Grilled Salmon*

\$12

Sautéed Shrimp

\$8

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

Soup

\$4

Vegetable Soup

Soup Du Jour

HEALTHY CHOICES**Pesto Primavera**

\$7 | \$10

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

Grilled Portobella Mushroom

\$9

Served with tomato, garlic, shallots, and Farm basil, topped with mozzarella and pesto, and a choice of side

Grilled Salmon Bowl

\$12 | \$15

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

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 or brown rice

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

Substitute: shrimp \$3, salmon \$7

Chicken Tahini

\$10

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

SIDES \$3**Route 11 Chips****Hushpuppies****Side Salad** **Mashed Potatoes** **Loaded Baked Potato** **Loaded Sweet Potato** **Crinkle Fries** **Carrot Fries** **Brown Rice** **Fresh Fruit** **Asparagus & Mushroom** **Sautéed Spinach** **Coleslaw** **Vegetable of the Day**

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**Double**

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

Chicken Tenders \$6.50 | \$9.50

Hand-breaded chicken tenders

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.

Add bacon or cheese / \$0.75

Chicken Pesto Sandwich

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

Gyro

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

Substitute: chicken or tofu

Chicken Parm Sandwich

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

BLT

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

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

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

Add ham and turkey / \$1.25

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 two sides

Fried Oysters \$12 | \$15

Oysters dusted in Wondra flour or cornmeal, fried golden brown, served with two sides

Beef Tenderloin Kabobs \$14 | \$17

Beef tenderloin, button mushrooms, and peppers served over brown rice and a choice of a side

Roasted ½ Chicken \$11

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

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

Shrimp Platter \$11 | \$14

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

Flounder Topped with Crab \$17

Pan seared flounder topped with crab and lemon cream sauce. Served with two sides

Fried or Blackened Catfish \$11.50

Blackened catfish served with hushpuppies and a choice of a side

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**

*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. Nutritional content is approximate.