

TRADITIONS

<p>Spaghetti with Meat Sauce \$10 Spaghetti pasta with homemade meat sauce and garlic bread <i>Calories 550/ Proteins 28 / Carbs 40 / Fats 36</i></p>	<p>Pulled Pot Roast Sandwich \$11 Pulled pot roast on brioche with melted cheddar and sauteed onions. Served with one side <i>Calories 580/ Proteins 30 / Carbs 56/ Fats 29</i></p>
<p>Pot Roast \$14.50 Tender braised beef with potatoes, carrots and onions in a rich brown sauce. Served with one side <i>Calories 450/ Proteins 22 / Carbs 0 / Fats 30</i></p>	<p>Fried Flounder Sandwich \$13 Golden fried flounder with American cheese, scallion mayo, lettuce, amoroso roll. Served with one side <i>Calories 750/ Proteins 41 / Carbs 42 / Fats 38</i></p>
<p>Smash Burger Certified angus beef smash burger on a glossy brioche bun with lettuce, tomato, red onion, and pickle. Served with one side</p>	<p>Philly Cheesesteak \$12 Peppers, onions, provolone cheese, amoroso roll, with one side <i>Calories 765/ Proteins 49 / Carbs 33 / Fats 49</i></p>
<p>Single \$8 <i>Calories 265/ Proteins 26/ Carbs 22/ Fats 7.5</i></p>	<p>Albacore Tuna \$11.50 Fresh made tuna salad, lettuce, tomato, red onion, oil and vinegar, bread choice. Served with one side <i>Calories 450 / Proteins 15 / Carbs 26 / Fats 19</i></p>
<p>Double \$9 <i>Calories 310/ Proteins 50/ Carbs 22/ Fats 14.5</i> Add cheese, bacon, caramelized onion, mushrooms, fried egg \$0.75/each</p>	<p>Chicken Salad \$11.25 Oven roasted chicken breast, celery, grapes, toasted almonds, bread choice, lettuce, tomato. Served with one side <i>Calories 550 / Proteins 26 / Carbs 36 / Fats 19</i></p>
<p>Rachel \$11 Turkey, slaw, thousand island dressing, Swiss, toasted rye. Served with one side <i>Calories 820/ Proteins 32/ Carbs 48/ Fats 40</i></p>	<p>Soup and 1/2 Sandwich \$7 BLT, Chicken Salad, Tuna Salad, Grilled Cheese</p>
<p>BBQ Pork Ribs \$25 Full rack of slow smoked St. Louis ribs with a sweet and smokey BBQ sauce served with coleslaw, Served with one side 1/2 rack available for \$18 <i>Calories 510/ Proteins 18 / Carbs 14 / Fats 38</i></p>	<p>Eggs Your Way \$5 3 eggs- fried, scrambled or omelet with toast <i>Calories 450/ Proteins 21/ Carbs 0/ Fats 25</i> Available until 4:30PM Toppings: \$0.50/each Ham, bacon, onion, peppers, mushrooms, spinach, tomatoes, cheese</p>
<p>Classic Club \$12 Turkey, ham, bacon, cheddar and Swiss, lettuce and tomato on three toasted slices, mayo. Served with one side <i>Calories 925/ Proteins 69 / Carbs 40 / Fats 49</i></p>	<p>Soup Vegetable Soup \$4 Soup Du Jour \$4 Salad Bar \$5.75</p>
<p>BLT \$6 Applewood smoked bacon, crisp lettuce, and garden tomatoes with mayo on white, wheat or rye bread. Served with one side Add chicken salad, tuna, turkey or ham /\$2.50 Add Cheese / 0.75 <i>Calories 625/ Proteins 20g/ Carbs 50/ Fats 23g</i></p>	<p>Sides \$3 Mashed Potatoes Loaded Baked Potato Loaded Sweet Potato Coleslaw 3 Bean Salad Side Salad Vegetable Du Jour</p>
<p>Classic Grilled Cheese \$4.75 Your choice of American, cheddar, provolone or Swiss on white, wheat or rye bread. Served with one side Add tomato or bacon \$.75 each Add ham or turkey \$2.50 each</p>	<p>Fresh Fruit Pickled Beets French Fries Onion Rings Fresh Asparagus Southern Green Beans Sweet Potato Fries Noodles</p>

*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.

TRADITIONS

Salads

Chinese Chicken Salad \$13

Lettuce, green onions, almonds, crisp wontons, crispy white noodles, celery, red cabbage, sesame dressing

Calories 850 / Proteins 36 / Carbs 55 / Fats 51

Power Salad \$11.50

Romaine, fresh strawberries, blueberries, blackberries, avocado, chick peas and sweet bell peppers with choice of dressing

Calories 345 / Proteins 11 / Carbs 35 / Fats 9

Cobb Salad \$9

Romaine, bacon, egg, bleu cheese, avocado, green onion, tomato with choice of dressing

Calories 420 / Proteins 28 / Carbs 7 / Fats 37

Salad Dressings- *homemade ranch, balsamic, bleu cheese, honey mustard, raspberry vinaigrette*

Add to any salad, Blue Zone or a la carte

Grilled Chicken \$5

Calories 220 / Proteins 36 / Carbs 0 / Fats 6

Fried Chicken \$5

Calories 350 / Proteins 26 / Carbs 10 / Fats 8

Grilled Salmon * \$12.50

Calories 412 / Proteins 30 / Carbs 0 / Fats 29

Sauteed Shrimp \$8

Calories 300 / Proteins 36 / Carbs 2 / Fats 15

Blue Zone Approved

Spaghetti with Walnut Pesto \$12.50

Chopped walnuts, fresh garlic, Italian parsley, olive oil, and parmesan cheese

Calories 626 / Proteins 19 / Carbs 43 / Fats 31

Tender Bean, Potato and Onion Stew \$8.50

Kidney beans, yellow squash, carrots, sweet peppers, potatoes, onions and garlic served with sourdough bread

Calories 342 / Proteins 5 / Carbs 22 / Fats 4

Fried Tofu and Noodle Stir Fry \$10.50

Tofu fried golden with vegetables and noodles in an Asian BBQ sauce

Calories 345 / Proteins 22 / Carbs 65 / Fats 7

Grilled Fresh Salmon \$18

With lemon cream sauce. Served with two sides

Calories 450 / Proteins 20 / Carbs 6 / Fats 31

Homemade Meatloaf with Gravy \$11

Served with mashed potatoes. Served with one side

Calories 490 / Proteins 29 / Carbs 31 / Fats 30

6oz Bistro Steak * \$19

Served pink or no pink. Served with two sides

Calories 200 / Proteins 24 / Carbs 0 / Fats 8

Grilled Pork Ribeye \$16

8oz grilled pork ribeye with an apple pear chutney. Served with two sides

Calories 450 / Proteins 50 / Carbs 26 / Fats 11

Lump Crab Cakes \$16.50

Served with remoulade dipping sauce.

Served with two sides

Calories 500 / Proteins 30 / Carbs 20 / Fats 18

Shrimp & Garlic Sauce over Spaghetti \$12

Sauteed shrimp with fresh garlic, lemon, parsley, and white wine over spaghetti

Calories 460 / Proteins 25 / Carbs 63 / Fats 15

Shrimp Platter \$10

Hand-breaded golden fried shrimp with fries, slaw, and remoulade sauce. *Option for fried or sautéed shrimp.*

Calories 1040 / Proteins 54 / Carbs 143 / Fats 30

Crispy Chicken Thigh Madeira \$12

Chicken thigh sliced thin and breaded, fried until golden, topped with Madeira wine sauce. Served with two sides

Calories 338 / Proteins 36 / Carbs 26 / Fats 14

Mediterranean Fresh Haddock \$12

Baked Mediterranean fresh haddock with garlic, diced tomatoes, lemon, green olives, white wine, parsley, coriander, paprika. Served with two sides

Calories 325 / Proteins 25 / Carbs 5 / Fats 2.5

Roasted 1/2 chicken \$11

Classic herb roasted 1/2 chicken. Served with two sides

Calories 300 / Proteins 33 / Carbs 0 / Fats 12

Chicken Parmesan \$11

Served with spaghetti marinara and garlic bread

Calories 900 / Proteins 59 / Carbs 80 / Fats 24

**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.*