



## SALADS

### Chef Salad \$14.95

Romaine, deli ham and turkey, carrots, cucumbers, hard-boiled egg, tomatoes, cheddar cheese, and provolone  
*Calories 390 / Fat 22g / Carbs 12g / Protein 28*

### Caesar Salad \$8

Romaine, shaved parmesan, croutons  
*Calories 508 / Fat 38g / Carbs 21g / Protein 8g*

### Cobb Salad \$12.85

Romaine, tomatoes, egg, bleu cheese crumbles, bacon, avocado  
*Calories 340 / Proteins 12 / Carbs 8 / Fats 28*

### Cold Plate \$13.50

Fresh Seasonal fruit, cottage cheese, choice of shrimp and crab salad or chicken salad, crostini  
*Calories 580 / Proteins 34 / Carbs 34 / Fats 25*

**Salad Dressings:** homemade ranch, balsamic, bleu cheese, honey mustard, raspberry vinaigrette, 1000 island, Caesar, BBQ sauce

### Add to any item or à la carte

#### Tofu \$5

*Calories 100 / Proteins 9 / Carbs 4 / Fats 6*

#### 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*

#### Sautéed Shrimp \$8

*Calories 300 / Proteins 36 / Carbs 2 / Fats 15*

## SIDES \$3.90

Side Salad	Fresh Fruit
Caesar Salad	Coleslaw
Mashed Potatoes	Broccoli
Loaded Baked Potato	Onion Rings
Loaded Sweet Potato	Fresh Asparagus
Crinkle Fries	Spinach
Sweet Potato Waffle Fries	Balsamic Glazed Brussel Sprouts with Bacon
Brown Rice	
Quinoa	

## HEALTHY CHOICES

### White Bean Flatbread \$13

White bean purée and asparagus ribbons mint, walnuts, roasted tomatoes and feta cheese  
*Calories 655 / Proteins 28 / Carbs 68 / Fats 27*

### Mediterranean Bowl \$14

Sweet potatoes, kale, chickpeas, quinoa, turmeric with Covenant Woods Honey lemon tahini dressing  
*Calories 580 / Proteins 24 / Carbs 48 / Fats 20*

### Salmon Kebabs \$17.50

Salmon, squash, red onion mushroom, cherry tomato over brown rice. Served with Covenant Woods Honey yogurt dill dressing  
*Calories 500 / Proteins 38 / Carbs 24 / Fats 25*

### Covenant Woods Farm Honey Salmon Salad \$18

Spinach, red bell pepper, and feta cheese, with a Covenant Woods Honey yogurt dill dressing. Topped with poached salmon  
*Calories 600 / Proteins 40 / Carbs 12 / Fats 36*

### Power Salad \$14

Romaine, grilled asparagus, green peas, watermelon radish, strawberries, spinach  
*Calories 110 / Proteins 8 / Carbs 15 / Fats 2*

### Spinach Berry Salad \$14

Quinoa, brussels sprouts, strawberries, spinach, walnuts, with a Pumpkin Pomegranate Dressing  
*Calories 300 / Proteins 10 / Carbs 30 / Fats 19*



Get a **FREE** David's Chocolate-Chunk Cookie with every order valued \$20+!

\*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.



## MAINS

<p><b>Chicken Parmesan</b> \$13.50 Served with spaghetti marinara and garlic bread. Choice of fried or grilled chicken <i>Calories 900 / Proteins 59 / Carbs 80 / Fats 24</i></p>	<p><b>Baked Sole Meunière</b> \$17 Filet of Sole with butter, lemon, and fresh thyme. Served with two sides <i>Calories 580 / Proteins 28 / Carbs 15 / Fats 25</i></p>
<p><b>Hoisin Grilled Shrimp Skewers</b> \$17.50 Two skewers served over brown rice. Served with one side <i>Calories 350 / Proteins 30 / Carbs 25 / Fats 1</i></p>	<p><b>Fried Sole Meunière</b> \$17 Filet of Sole with butter, lemon, and fresh thyme. Served with two sides <i>Calories 600 / Proteins 20 / Carbs 16 / Fats 16</i></p>
<p><b>Shrimp Stir Fry</b> \$17.50 Jumbo shrimp served with vegetables and Chinese stir-fry sauce over brown rice <i>Calories 450 / Protein 35 / Carbs 42 / Fats 15</i></p>	<p><b>Roasted 1/2 chicken</b> \$13.50 Classic herb roasted 1/2 chicken. Served with two sides <i>Calories 300 / Proteins 33 / Carbs 0 / Fats 12</i></p>
<p><b>Spaghetti</b> \$11.50 Spaghetti pasta with homemade meat sauce, meatballs or marinara sauce and garlic bread <i>Calories 550 / Proteins 28 / Carbs 40 / Fats 36</i></p>	<p><b>Grilled Pork Ribeye</b> \$18 8oz grilled pork ribeye with a pineapple, mango, and pineapple mint chutney Served with two sides <i>Calories 450 / Proteins 50 / Carbs 26 / Fats 11</i></p>
<p><b>Grilled Filet Mignon Medallions *</b> \$22 Two 3oz medallions with red wine thyme sauce. Served with two sides <i>Calories 350 / Proteins 36 / Carbs 0 / Fats 12</i></p>	<p><b>Shrimp Platter</b> \$15.85 Hand-breaded golden fried shrimp with fries, slaw, and remoulade sauce. <i>Option for fried or sautéed shrimp.</i> <i>Calories 1040 / Proteins 54 / Carbs 143 / Fats 30</i></p>
<p><b>Pulled Chicken Nachos</b> \$14 Freshly fried tortilla chips topped with pulled chicken melted cheddar jack cheese, queso, pico, mexican crema, green onions <i>Calories 1072 / Proteins 76 / Carbs 56 / Fats 64</i></p>	<p><b>Build Your Own Flatbread</b> \$9 Traditional red sauce, mozzarella, olive oil <b>Toppings:</b> \$0.50 ea. Pepperoni, sausage, ham, peppers, onions mushrooms, bacon, spinach, tomatoes</p>
<p><b>Shrimp and Vodka Sauce Rigatoni</b> \$17.50 Rigatoni with Shrimp and Vodka Sauce <i>Calories 800 / Proteins 40 / Carbs 65 / Fats 33</i></p>	
<p><b>Grilled Fresh Salmon*</b> \$20.50 Finished with lemon cream. Served with two sides <i>Calories 450 / Proteins 20 / Carbs 6 / Fats 31</i></p>	

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## HANDHELDS

SERVED WITH ONE SIDE

### Cranberry Turkey Wrap \$13.85

Sliced deli turkey with cranberry mayo, lettuce, tomato, and provolone cheese in a tortilla wrap  
*Calories 900 / Proteins 48 / Carbs 38 / Fats 55*

### Chicken Caesar Wrap \$13

With romaine, shaved parmesan, Caesar dressing, with grilled or fried chicken, in a tortilla wrap  
*Calories 1000 / Proteins 48 / Carbs 55 / Fats 63*

### Chicken Wrap \$13

With lettuce, tomato, balsamic glaze, provolone cheese, flour tortilla with grilled or fried chicken.  
*Calories 540 / Proteins 34 / Carbs 50 / Fats 34*

### Fast Food Smash Burger

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

#### Single \$10.40

*Calories 265 / Proteins 26 / Carbs 22 / Fats 7.5*

#### Double \$11.70

*Calories 310 / Proteins 50 / Carbs 22 / Fats 14.5*

*Add cheese, bacon, caramelized onion, mushrooms, fried egg / \$0.99 ea.*

### Impossible Burger \$14

Plant based patty.

*Calories 400 / Proteins 32 / Carbs 16 / Fats 15*

*Add cheese, bacon, caramelized onion, mushrooms, fried egg / \$0.99 ea.*

### Grilled Hot Dog \$8

*Add chili, cheese sauce or sauerkraut / \$0.99 ea.*  
*Calories 420 / Proteins 20 / Carbs 40 / Fats 32*

### Chicken Sandwich \$12.50

Grilled or fried on a glossy brioche bun with lettuce, tomato, red onion, and pickle.  
*Calories 390 / Proteins 30 / Carbs 46 / Fats 10*  
*Add cheese, bacon, caramelized onion, mushrooms, fried egg / \$0.99 ea.*

### Classic Club \$12.95

Turkey, ham, bacon, cheddar and Swiss, lettuce and tomato on three toasted slices, mayo.  
*Calories 925 / Proteins 69 / Carbs 40 / Fats 49*

### Philly Cheesesteak \$13.85

Peppers, onions, provolone cheese, amoroso roll.  
*Calories 765 / Proteins 49 / Carbs 33 / Fats 49*

### Pastrami and Swiss \$13.85

Served on Rye with spicy brown mustard on the side  
*Calories 1000 / Proteins 40 / Carbs 28 / Fats 60*

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