

# SOUPS AND STARTERS

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## Soup of the Day

Chef's creation that changes daily. \$2.50

## Garden Salad

Mixed greens, red cabbage, shredded carrots, grape tomatoes, cucumbers, red onion. \$2.50

## Wedge Salad

Iceberg wedge, grape tomatoes, smoked bacon, bleu cheese crumbles with roasted garlic dressing. \$3

# ENTRÉES

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*All entrées served with fresh bread and butter.*

## Salads

### Harvest Salad

Mixed greens, dried cranberries, toasted pralines, bleu cheese, pickled beets, red onion, raspberry vinaigrette. \$8  
Add shrimp or grilled chicken \$4

### Greek Salad

Mixed greens, feta cheese, red onion, kalamata olives, grape tomatoes, cucumber, Greek vinaigrette. \$9  
Add shrimp or grilled chicken \$4

## Handhelds

*All handheld entrées are served with choice of one side.*

### From the Deli Counter

Served grilled or chilled. \$13

- Choice of turkey, ham, bacon or chef's choice of deli salad
- Choice of cheese
  - American, cheddar, Swiss or feta
- Choice of lettuce, tomato, red onion, pickles, mayo, tzatziki, mustard, roasted garlic dressing
- Choice of bread
  - Gluten free, sourdough, rye, wheat, white

### Spectrum Chicken Sandwich

Hand breaded chicken breast, roasted garlic dressing and dill pickles on a toasted brioche bun. \$12

### Hot Dog

All beef hot dog with your choice of pickles, tomato, onion, pickle relish, mustard. \$9

### Burger Bar

\$15

- Choice of angus beef, turkey or black bean burger
- Choice of cheese
  - American, cheddar, Swiss, bleu cheese, or feta
- Choice of lettuce, tomato, red onion, pickles, house burger sauce, mayo, mustard, ketchup

### Fry Basket

#### Chicken Tenders

Served with your choice of BBQ, ranch, or honey mustard, garnished with coleslaw. \$9

#### Beer Battered Cod

Served with tartar sauce, garnished with coleslaw and a lemon wedge. \$13

#### Breaded Shrimp

Served with cocktail sauce, garnished with coleslaw and a lemon wedge. \$14

*A meal includes choice of one Soup or Starter, one Entrée, one Dessert, and one Beverage per meal period.*

# ENTRÉES

## Specialty Items

Served with choice of two sides.

### Pot Roast

Slow roasted beef with rich, brown gravy. \$15

### Penne Marinara with Garlic Bread

Penne pasta tossed with house made marinara, garnished with parmesan cheese and garlic bread. \$6

Add meatballs \$4

Add plant-based meatballs \$5

### Salmon

Pan seared salmon topped with roasted garlic butter and fresh lemon. \$15

## Health Conscious

### Grilled Chicken Gyro

Lemon herb chicken breast served with pita bread, tzatziki, onion, tomato and a baked potato. \$11

### Catch of the Day

Chef's choice of fresh fish, topped with garlic butter and lemon served with garlic green beans and rice. \$15

### Two Egg Breakfast with Turkey Sausage

Choice of two eggs served with turkey sausage, sliced tomatoes and whole wheat toast. \$10

### Chef's Special

Daily chef's creation featuring fresh and seasonal ingredients. \$14

# SIDES

\$2.50

### Baked Potato with Butter & Sour Cream

### Onion Rings

### French Fries

### Sweet Potato Fries

### Coleslaw

### Pickled Beets

### Vegetable of the Day

### Garlic Bread

### Garlic Green Beans

### Rice of the Day

### Mashed Potatoes

### Potato Chips

# BEVERAGES

### Soft Drink or Lemonade

by *Coca-Cola* \$3

Orange Juice, Apple Juice,  
Cranberry Juice \$3

Iced Tea \$3

Milk \$2.50

Complimentary Coffee and Hot Tea

# DESSERTS

Chef's Choice \$3

Sugar Conscious Dessert  
of the Day \$3

Ice Cream \$2.50

Fresh Seasonal Fruit \$2.50