



CHATEAU MENU

Meals include choice of two starters, one entrée with two sides or three petite sides, one dessert, beverage and a take-home snack of either two cookies OR one piece of whole-fruit

Starters

FRESH TOSSED CAESAR SALAD

romaine | caesar | garlic croutons | parmesan

PETITE COBB SALAD

turkey | bacon | tomato | roquefort | avocado | hard-boiled egg | choice of dressing

WARM SPINACH SALAD

organic spinach | hot bacon dressing | chopped bacon | diced hard boiled egg

ARTISAN CHEESE PLATE

assorted cheeses | candied walnuts | whole grain mustard | fruit | assorted crackers

BONE-IN CHICKEN WINGS

three wings | frank's redhot or plain | bleu cheese dressing or ranch

SHRIMP COCKTAIL

three poached shrimp | cocktail sauce | lemon

TEMPURA SHRIMP

three tempura battered shrimp | cocktail sauce | lemon

BUILD YOUR OWN SALAD

carrots | celery | red onions | grape tomatoes | cucumbers | mushrooms | broccoli | black olives | kidney beans | garbanzo beans | beets | cottage cheese | pears | peaches | prunes | applesauce | crumbled blue cheese | choice of dressing: blue cheese, ranch, honey mustard, 1000 island, italian, low-fat italian, olive oil, red wine vinegar, rice vinegar and balsamic vinegar | choice of toppings: sunflower seeds, croutons, raisins, walnuts and parmesan

Entrées

TURKEY AVOCADO WRAP

deli turkey | bacon | green leaf lettuce | tomato | avocado | mayo

4oz. GRILLED ANGUS BURGER

green leaf lettuce | tomato | onions | b & b pickles

ENTRÉE BONE-IN CHICKEN WINGS

five wings | frank's redhot or plain | bleu cheese dressing or ranch

ENTRÉE TEMPURA SHRIMP

five tempura battered shrimp | cocktail sauce

4oz. GRILLED ANGUS FILET MIGNON

house steak sauce

SURF & TURF

grilled 4oz. angus filet | two tempura shrimp | house steak sauce | cocktail sauce

SHRIMP SCAMPI

fresh water shrimp | tomato | white wine | butter | cream | pasta

Healthy Choices

Starters

COMPOSED SEASONAL FRUIT PLATE

seasonal fresh fruit | crème fraiche

GRANOLA PARFAIT

organic granola | assorted fresh berries | vanilla greek yogurt

SMOKED SALMON AVOCADO TOAST

norwegian smoked salmon | tomato | red onion | fresh avocado | capers | dill | cracked pepper | evoo

Entrees

5oz. GRILLED CHICKEN BREAST

local free-range chicken

ATLANIC SALMON

baked | poached | grilled | blackened | broiled

PROTEIN QUINOA BOWL

chicken | grape tomatoes | black beans | carrots | cilantro | avocado
chipotle curry dressing

Sides

- ◆ Choice of the following fresh steamed vegetables:

Broccoli, Cauliflower, Peas, or Carrots

- ◆ Baked Potato
- ◆ Baked Yam
- ◆ Brown Rice
- ◆ Quinoa
- ◆ Stewed Black Beans
- ◆ Fresh Fruit Cup
- ◆ French Fries
- ◆ Chips

Desserts

- ◆ Slice of Pie w/ Optional Ala Mode Ice Cream w/ One Cookie
- ◆ Piece of Cake w/ Optional Ala Mode Ice Cream w/ One Cookie
- ◆ Dish of Ice Cream 4oz. w/ Choice of Toppings w/ One Cookie
 - ◆ Chocolate, Vanilla or Strawberry Milkshake or Malt
- ◆ Dish of Jell-o or Tapioca Pudding or Chocolate Pudding w/ One Cookie
 - ◆ Three Cookies

1/2 Meal Credit Lunch Option

(Available only during lunch hours)

Includes 4oz. glass of milk or juice and refillable portions of coffee, iced tea or herbal tea

Choice of:

Bowl of soup and house salad OR Any 1/2 sandwich with choice of fruit, house salad, or cup of soup

**Does not include dessert*