



**THURSDAY'S DAILY SPECIALS - JULY 29, 2021**

**PROTEIN PACKED OVERNIGHT OATS ~ APPLE PIE ... \$6.99**

*Quaker Oats, Greek Yogurt, 2% Milk, Protein Whey Powder, Apples, Walnuts and a Touch of Cinnamon*

**HOT SPECIALS ~ ALWAYS FRESH, ALWAYS DELICIOUS**

**Beef Stroganoff ... \$11.99**

*Sliced Sirloin Steak with Mushrooms & Onions in a Brown Sauce Blended with Sour Cream Over Egg Noodles*

**Chicken Madeira ... \$11.99**

*Chicken Cutlets, Grilled Asparagus & Melted Swiss Cheese in a Madeira Wine Sauce*

**Turkey Roll-Ups ... \$11.99**

*Sliced Turkey Breast Rolled with an Herb Stuffing and Finished with a Light Turkey Gravy*

**Above Entrées Are Served w/ Your Choice of 2 Sides: Mashed Potatoes, Rice, Mac & Cheese, Roasted Vegetables, Braised Red Cabbage**

**Quiche Lorraine / Spinach, Mushroom & Swiss Cheese Quiche ... \$4.99**

**Chicken Pot Pie - \$8.99**

**HOMEMADE HOT SOUPS**

**Cup \$4.99...Pint \$5.99...Quart...\$10.99**

**Broccoli Cheddar, Spring Vegetable, Tortellini Vegetable, Tomato Orzo, Chicken Noodle, Chicken & Rice**

**★★ SEAQUA FIT MEAL PREPS - GRAB N' GO OR HAVE IT HOT - BUY ANY 5 GET 1 FREE! ★★**

**Marinated Grilled Shrimp with Steamed Broccoli & Carrots over Basmati Rice ... \$12.99**  
*Chipotle Aioli on the Side*

**GOURMET SALADS**

**Bowtie Grilled Chicken Caesar Salad ... \$9.99 lb.**

*Bowtie Pasta, Romaine Lettuce, Grilled Chicken, Grape Tomatoes, Red Onions, Shaved Parmesan and Caesar Dressing*

**SOUP & SLIDER COMBOS**

*BBQ Roast Beef with Shaved Onions & Swiss Cheese on an Onion Rosemary Slider or Balsamic Glazed Chicken, Marinated Tomatoes & Provolone on a Garlic Rosemary Slider or Breaded Chicken, Muenster, Buffalo Sauce, Ranch & Pickles on a Semolina Slider or Layered Fried Eggplant with Fresh Mozzarella & Marinara Sauce on a Focaccia Cube or Oven Gold Turkey with Mozzarella & Bacon on a Garlic Toasted Semolina Slider With a Cup of Soup - \$8.99 / Pint of Soup - \$9.99*

**RECESSION BUSTER**

**Chicken Salad on White, Rye or Whole Wheat Bread with a ¼ lb. of Potato Salad, Macaroni Salad or Cole Slaw & a 12 oz. Soda, Iced Tea or Lemonade ... \$8.99**

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