



✦ WEDNESDAY'S SPECIALS, FEBRUARY 28TH! ✦

PROTEIN PACKED OVERNIGHT OATS - COOKIES & CREAM ... \$7.49
Quaker Oats, Greek Yogurt, 2% Milk, Whey Protein & Oreo Cookie Crumbles

❧ **HOT ENTRÉE SPECIALS** ❧

Applewood Smoked Ham With Maraschino Cherries & Pineapples in a Sweet & Sour Glaze ... \$13.99

Chicken Francaise ... \$13.99
Sautéed Egg Battered Chicken Cutlets with a White Wine Lemon Sauce

Swedish Meatballs over Egg Noodles ... \$13.99

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

Quiche - Broccoli Cheddar / Quiche Lorraine / Spinach, Mushroom & Swiss Cheese - \$5.49 Slice

Chicken Pot Pies - \$9.99

❧ **HOMEMADE HOT SOUP** ❧

Cup \$5.49 / Pint \$6.49 / Quart \$11.99

**Cream of Mushroom, Vegetarian Lentil, Spring Vegetable, Tortellini Vegetable, Tomato Orzo,
Chicken Noodle, Chicken & Rice. Cup \$6.99, Pt. 8.49, Qt. \$15.99...New England Clam Chowder**

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

Baked Salmon ... \$13.99

Baked Salmon Filet with Grilled Asparagus over Basmati Rice with a Spicy Red Pepper Coulis

❧ **FROM THE GRILL** ❧

Steak Quesadilla ... \$11.99

Grilled Steak, Sautéed Onions & Peppers, Jack & Cheddar Cheese, Side of Sour Cream & Salsa

❧ **SOUP & SLIDER COMBO** ❧

*BBQ Roast Beef with Shaved Onions & Swiss Cheese on an Onion Rosemary Slider / Balsamic
Glazed Chicken, Marinated Tomatoes & Provolone on a Garlic Rosemary Slider / Breaded Chicken,
Muenster, Buffalo Sauce, Ranch & Pickles on a Semolina Slider / Layered Fried Eggplant with Fresh
Mozzarella & Marinara Sauce on a Focaccia Cube / Oven Gold Turkey with Mozzarella & Bacon on a
Garlic Toasted Semolina Slider With a Cup of Soup - \$9.99 / Pint of Soup - \$10.99*

❧ **RECESSION BUSTER** ❧

**An Everroast Chicken Sandwich on White, Rye or Wheat Bread with a ¼ lb. of Potato Salad,
Macaroni Salad or Cole Slaw and a 12 oz. Iced Tea, Lemonade or Soda ... \$10.49**

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