



DAILY SPECIALS FOR TUESDAY, DECEMBER 16TH

PROTEIN PACKED OVERNIGHT OATS - BROWNIE BATTER ... \$8.49
Quaker Oats, Oikos Greek Yogurt, 2% Milk, Whey Protein & Brownie Crumbles

❧ **HOT ENTRÉE SPECIALS - ALWAYS FRESH, ALWAYS DELICIOUS!** ❧

Beef Burgundy ... \$15.79

Thinly Sliced Sirloin Steak with Sautéed Mushrooms & Pearl Onions in a Rich Burgundy Wine Sauce Over Egg Noodles

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

Grilled Kielbasa with Sauerkraut & Pan Fried Perogies ... \$14.69

Penne a la Vodka with Grilled Chicken Served with a Side Salad ... \$14.69

❧ **HOMEMADE HOT SOUP** ❧

Cup \$5.99...Pint \$6.99...Quart...\$12.99

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

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

Grilled Flank Steak ... \$14.69

Marinated Grilled Flank Steak with Grilled Asparagus over Brown Rice, Teriyaki Sauce on the Side

PANINIS - HOT & PRESSED TO ORDER!

Shaggy Press ... \$12.99

Sweet & Spicy BBQ Chicken, Caramelized Onions and Cheddar Cheese Panini

❧ **GOURMET SALAD** ❧

Cucumber Salad - Sliced Cucumbers & Red Onions in a Sweet Vinaigrette ... \$8.39 /lb.

❧ **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 - \$10.49 / Pint of Soup - \$11.49*

❧ **RECESSION BUSTER** ❧

Peppermill Turkey on White, Rye, Whole Wheat or a Roll with a ¼ lb. of Potato Salad, Macaroni Salad or Cole Slaw and a 12 oz. Soda, Iced Tea or Lemonade ... \$11.49

Prices Are For Credit & Debit Purchases - Pay with Cash & Receive a 4% Cash Discount!

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