

## Soup De Jour

Two Soups Change Daily, One Broth and One Cream

Cup-4

Bowl- 5.5

## Salads

Fresh Salads Served at Anytime

### **Scottish Rite Park Salad Bar**

Possibilities are endless with Three Lettuce Choices, Twenty-Seven Toppings, Six Dressings, Six Dry Goods, and Fresh Fruit. This is a Self-Serve Area; However, Assistance is Available.

**Small- 5**

**Large- 10**

Single Trip

Multiple Trip

**Soup and Salad Combo- 12.5**

Unlimited Salad Bar and Soup

**Summer Park Salad ♥348 cal. & 22% fat—10**

*Spinach, Strawberry, Red Onion, Feta, Candied Pecan, with Raspberry Vinaigrette*

**Chef Salad ♥371 cal. - 9.5**

*Romaine Blend, Turkey, Ham, Swiss, Cheddar, Tomato, Cucumber, Egg with Choice of Dressing*

**Caesar Salad ♥238 cal. & 31% fat – 8.5**

*Crisp Romaine, Croutons, Tomato, Parmesan, and Caesar Dressing*

### **Add Protein:**

*Grilled Chicken 6oz ♥230 cal. & 20% fat- 4.5*

*Crispy Chicken Strips (2) – 4*

*Grilled Salmon 3oz ♥120 cal. & 13% fat - \$4.7*

*Grilled Shrimp (3) ♥50 cal. & 11% fat - \$4.7*

## Sandwiches

All Sandwiches Served Anytime with Your Choice of Side

**Deli ♥ Half- 5 /Full- 8**

***Roast Beef (374 cal. & 22% fat), Turkey (304 cal. & 26% fat), Ham (359 cal. & 64% fat)***

*Roast Beef, Turkey, Ham, Lettuce, Tomato, (choice of) Cheddar, Swiss, Pepper Jack, American, Provolone, and Mayo on (choice of) White, Wheat, Marble Rye, or Wrap*

**Sandwich and Soup Combo -9.5**

*Only Sandwiches That Can Be Halved and Choice of Soup De Jour*

**Summer Chicken Salad Sandwich - ♥473 cal. & 32% fat—9**

*Chicken Salad with Grapes, Toasted Almonds and Herbs, on Croissant with Lettuce*

**BLT—Half- 7/Full- 9.5**

*Choice of Bread, Bacon, Lettuce, Tomato, and Mayo*

**Cod—9**

*Fried Cod Patty, Lettuce, Tomato, Onion, and Tartar Sauce on Brioche Bun or Wheat Kaiser*

**Pork Tenderloin—9.5**

*7oz Fried Pork Fritter, Lettuce, Tomato, Onion, Pickle on Brioche Bun*

**♥Heart healthy information is for sandwich only-not side**

## Sandwiches

All Sandwiches Served Anytime with Choice of Side

### **Choice of Classic Reuben or Turkey Reuben—Half- 7/ Full- 10**

*Meat Choice, Swiss Cheese, Sauerkraut, and 1000 Island Dressing on Marble Rye*

### **Pesto Chicken - 11**

Grilled Chicken, Pesto Spread, Provolone Cheese, and Arugula on Wheat Kaiser

### **Caprese Chicken - 11**

Grilled Chicken, Fresh Mozzarella, Tomato, Basil, with Balsamic Reduction, on Wheat Kaiser

## Burgers

All Burgers Served Anytime with Choice of Side

### **\*Hamburger—11**

5.33 oz Fresh All Angus Beef Locally Raised on a Bun

**\*Turkey Burger ♥(263 cal. & 14% fat) - 9**

**\*Salmon Burger ♥ (313 cal. & 12% fat) - 9.5**

**Veggie Burger (V) ♥(173 cal. & 2% fat) - 9**

*All Burgers Come with Lettuce, Tomato, Onion, Pickles and Choice of Brioche Bun or Wheat Kaiser*

### **Additional Toppings**

*Onions-.50 Mushrooms-.50*

*Cheese—1.5 Onion Straws- 1.5 Fried Egg-2 Bacon—2 Patty—3.5*

## Sides

*French Fries Sweet Potato Fries Potato Salad Bagged Chips  
Fresh Fruit Coleslaw Cottage Cheese*

## Personal Flatbread Pizzas

All Flatbread Pizza are Served Anytime

**Alfredo Chicken Bacon-10.5 Margarita —10.5 Combination—10.5**

**Pepperoni-8.5 Sausage—8.5 Canadian Bacon-8.5**

**Veggie—7.5 Cheese—6.5**

### **Additional Toppings**

*Vegetable—.25 Meat-.50*

*Onion Bell Pepper Black Olives Mushrooms Basil Bacon  
Diced Chicken Pepperoni Sausage Canadian Bacon*

**Gluten Free crust available upon request**

**♥Heart healthy information is for sandwich only-not sides.**

**\*Asterisked, items may be served undercooked; consuming uncooked meats may increase your risk of foodborne illness, especially if you have certain medical conditions.**

## Entrées Pasta

All Pasta Dishes are Served with Small Salad Bar and Garlic Toast, After 5 PM

### **Spaghetti Half-8.5/Full-12.5**

*4-8oz Noodles Served with Ground Sausage and Ground Beef Sauce*

### **Alfredo Half-8.5/ Full-12.5**

*4-8oz Fettuccine Noodles with Creamy Parmesan Sauce*

### **Shrimp Scampi Half-9.5/Full-13.5**

*4-8oz with Three-Six Sautéed Shrimp in White Wine Sauce*

#### **Add Protein:**

*Grilled Chicken 6oz ♥230 cal. &20% fat- 4.5      Meatball (3) - 4*

*Grilled Salmon 3oz ♥120 cal. & 13% fat - 4.7      Grilled Shrimp (3) ♥50 cal. & 11% fat - 4.7*

## Entrées

All Entrées Served with Choice of Two Sides, After 5 PM

### **\*Top Sirloin- 18.5**

*10oz steak, Choice of Doneness with Garlic Herb Butter*

### **\*Filet Mignon-22**

*7oz steak, Choice of Doneness with Garlic Herb Butter*

#### **Toppings for Steak**

*Sauté Onion- .5      Sauté Mushrooms- .5      Blue Cheese- 1      Grilled Shrimp (3)- 4.7*

### **Chicken Breast ♥ - 13**

*6oz White Meat, 230 cal. & 20% fat*

### **Pork Ribs- 13.5**

*Three Ribs in Sweet Baby Rays BBQ Sauce*

### **Coconut Shrimp-15**

*Six Coconut and Panko Crusted Shrimp with Orange Ginger Sauce*

### **\*Salmon ♥(240 cal. & 6% fat if baked or broiled)—18**

*6oz Salmon Filet*

## **Sides**

*Vegetable de Jour      Baked Potato      Garlic Mashed Potatoes      French Fries      Potato Salad  
Coleslaw      Cottage Cheese      Fresh Fruit*

### **Premium Sides- 1.5**

*Loaded Baked Potato      Loaded Mashed Potatoes      Onion Tangler  
Small Salad Bar-3.5      Cup of Soup-3.5*

**♥Heart healthy information is for protein only not sides.**

**\*Reminder the Asterisked, items may be served undercooked; consuming uncooked meats may increase your risk of foodborne illness, especially if you have certain medical conditions.**

## Kids Menu

Served to those Young at Heart with a Choice of Side

### **Peanut Butter and Jelly- 5**

*Choice of Bread with Peanut Butter and Grape Jelly*

### **Grilled Cheese- 6.5**

*Choice of Bread with American Cheese*

### **Mini Corn Dogs- 6**

*Six Turkey Corn Dogs*

### **Hamburger- 8**

*4oz Beef Patty, Lettuce, Tomato, Onion on the Side to **Add Cheese-1.5***

### **Chicken Strips**

*Two Piece- 4 Three Piece- 6*

**Kids Sides**      *French Fries*      *Bagged Chips*      *Fresh Fruit*

## Beverages

**Fountain Soda-2.5**      *Coco-Cola*      *Diet Coke*      *Spite*      *Root Beer*      *Orange Fanta*  
*Strawberry Fanta*      *Lemonade*      *Iced Tea*

**Juices- 2.5**      *Apple*      *Cranberry*      *Orange*      *Prune*      *Tomato*

**Milk-2**      *Whole*      *2%*      *Skim*

**Complimentary**      *Coffee*      *Hot Tea*

## Desserts

**Featured Cookie-1.5**

**Sugar Free Cookie-1.75**

**Gluten-Free Cooke-1.75**

**Featured Dessert—5**

**Featured Cake —5**

**Ice Cream— ask about the flavors of the day**

*Small Dipped Cone-2.5*

*Ice Cream Bar-3.5*

*Ice Cream Sandwich-2.5*

*Ala Mode-1.5*

*Small Dish Ice Cream-2.5*

*Large Dish Ice Cream- 3.5*

### **Ice Cream Sundae**

*Vanilla Ice Cream base with Choice of Topping and Whipped Cream and Cherry*

**Small Sundae with choice of 1 topping-**

**Premium Sundae with choice of 3 toppings-**

**Topping Choices**      *Chocolate Sauce*      *Sugar Free Chocolate Sauce*      *Carmel Sauce*  
*Raspberry Sauce*      *Strawberry Topping*      *Oreo Crumble*      *Pecan Pieces*  
*Chopped Peanuts*      *Sprinkles*

### **Shakes & Malts—3.5**

*Vanilla*      *Chocolate*      *Strawberry*      *Coffee*      *Flavor of the Day*

### **Soda Float—3.5**

*Root Beer*      *Orange Creamsicle*

***We offer Vegetarian and Gluten Free dishes, and some dishes can be modified to be Gluten Free or Vegan. Just ask and look for these logos!***