

🌀 DELI CREATIONS 🌀

Choose from the following items to create your own hand-crafted sandwich. Served with mayonnaise, lettuce, tomato slices, & garnished with a dill pickle spear.

Meats: Turkey | Prime rib | Smoked ham

Salads: Chicken | Tuna | Egg

Breads: White | Wheat | Sourdough | Deli rye | 9 Grain | Stadium roll | Cinnamon raisin | English muffin | Bagel | Whole wheat English muffin | Texas toast
Flour tortilla

Cheeses: Swiss | Cheddar | Provolone | Pepperjack

🌀 BURGERS & MORE 🌀

All grill entrées come with your choice of condiments & side.

Angus / Chicken / 🍏 Garden Burger – Charbroiled | Lettuce | Tomato | Onion
Pickle | Mayonnaise.

Add Cheese, Bacon, Mushrooms or Grilled onions.

Hot Dog – Beef frank | Mustard | Relish

🍏 **Roasted Vegetable Sandwich** – Roasted seasonal vegetables | Goat
cheese | Balsamic reduction | Tomato | Choice of bread

Patty Melt – Beef patty | Sourdough bread | Swiss cheese | Caramelized onions
1000 Island

BLTA – Bacon | Lettuce | Tomato | Avocado | Choice of bread

BBQ Chicken Wrap – Crispy chicken | Bacon | Red onion | Lettuce | Cheddar
cheese | Avocado | BBQ sauce | Flour tortilla

🍏 **Southwest Quesadilla** – Flour tortilla | Cheddar cheese | Onions | Peppers
Black beans | Avocado

Philly Cheese Steak – Prime rib | Onions | Peppers | Provolone cheese
Garlic aioli

Chicken Strips – Three crispy chicken strips | Ranch dressing

Open Face Meatloaf Sandwich – House made meatloaf | Texas toast
Mashed potatoes | Brown gravy

🌀 FROM THE GARDEN 🌀

Choice of protein: **Salmon | Chicken Breast | Shrimp | Steak Medallions**

🍏 **Mandarin Salad** – Chopped romaine | Shredded carrots | Mandarin oranges
Cucumbers | Bell peppers | Water chestnuts | Crispy chow mein | Sesame
vinaigrette

🍏 **Classic Caesar** – Chopped romaine | Parmesan cheese | Croutons | Caesar
dressing

🍏 **Beet Salad** – Roasted beets | Spinach | Goat cheese | Red onion | Roasted
garlic | Balsamic reduction | Olive oil | Candied walnuts

🍏 Denotes a Vegetarian Option

*Consuming raw or undercooked food may increase your risk for food-borne illness.

🌀 COMFORT FOOD 🌀

All entrees come with Chef's vegetable du jour & your choice of starch

Pasta Bolognese – Spaghetti | Bolognese sauce | Parmesan cheese
Garlic toast

Meatloaf - House made meatloaf | BBQ sauce

Fried Chicken – Buttermilk marinated chicken | Brown gravy

Pot Roast – Braised beef pot roast | Pan gravy

🌀 FROM THE OCEAN 🌀

Cod Fish & Chips – Beer battered cod | Shoestring fries | Lemon | Coleslaw
Tartar sauce

Seafood Cioppino – Mussels | Clams | Shrimp | Cod | Herb tomato broth
Garlic toast

Crab Cakes – Red crab meat | Remoulade sauce | Lemon | Coleslaw

Pesto Salmon – Hazelnut Crust | Brown Rice | Creamy pesto

🌀 SPECIALTY SELECTIONS 🌀

All entrees come with Chef's vegetable du jour & your choice of starch

Black and Bleu Steak – Blackened steak | Smokey bleu cheese | Red wine
demi-glaze

Garlic Chicken – Boneless chicken breast | Creamy roasted garlic sauce

Veal or Chicken Marsala – Chicken or Veal cutlet | Mushroom marsala sauce

Smothered Pork Chop – Tender braised pork chop | Onion gravy

🍏 **Teriyaki Stir Fry** – Mixed vegetables | Brown rice | Water chestnuts | Teriyaki
sauce | Crispy noodles

Choice of protein: **Salmon | Chicken Breast | Shrimp | Grilled Steak**

🌀 HEART HEALTHY BOWLS 🌀

Choice of protein: **Salmon | Chicken Breast | Shrimp | Grilled Steak**
Choice of Brown rice or Quinoa

🍏 **Mediterranean Bowl** – Tomatoes | Chickpeas | Bell peppers | Cucumber
Feta | Avocado | Lemon

🍏 **Southwest Bowl** – Black beans | Avocado | Tomatoes | Red onions
Cilantro | Lime

🍏 **Protein Bowl** – Soft poached eggs | Avocado | Roasted sweet potato
Roasted beets | Kale | Mozzarella cheese

🍏 Denotes a Vegetarian Option

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SOUP & SALAD

Enjoy a cup or bowl of
one of our two specialty
soups and take a stroll
around our salad bar.

SIDES

Shoestring fries
Sweet potato fries
Tater tots
Onion rings
Ruffles potato chips
Fritos
Original Sunchips
Fruit cup
Cottage cheese
Hard-boiled egg
Coleslaw

**STARCHES &
VEGETABLES**

Brown rice
Vegetable du jour
Garlic toast
Whole wheat roll
Sourdough roll
Baked potato
Sweet potato
Mashed potatoes

DESSERTS

Ice creams
NSA Ice creams
Milkshakes
Root beer floats
Malts
Cookies
Pudding
NSA Pudding
Jell-O
NSA Jell-O
Daily specialty desserts

DRINKS

Pepsi
Diet Pepsi
Starry
Root Beer
Dr. Pepper
Gatorade
Lemonade
Apple juice
Orange juice
Guava passionfruit juice
Cranberry juice
Prune juice
V-8 juice
Low sodium V-8
2% milk
Skim milk
Oat milk
Buttermilk
Hot cocoa
Sugar free hot cocoa

Locally owned & freshly
ground Good Bean
regular and decaffeinated
coffee

TEAS

Green tea
English breakfast
Chai spice
Orange spice
Lemon ginger
Chamomile
Aged earl grey
Unsweetened iced tea
Lipton tea
Decaf Lipton tea