

LUNCH & DINNER

Includes choice of 2 sides, a dinner salad or salad of the day, & dessert.
Choice of juice, tea, or coffee. Add 50¢ for gluten free bread.

CORNED BEEF OR TURKEY REUBEN

Grilled corned beef or turkey with Swiss cheese, sauerkraut, and thousand Island dressing on bread.
71 gm carbs

BREADED SHRIMP BASKET

Six fried breaded shrimp with 2 hushpuppies and cocktail sauce. 85 gm carbs

PHILLY STEAK SANDWICH

Grilled seasoned beef, bell peppers, & onions with Swiss cheese on a grilled hoagie bun. 49 gm carbs

SEASONED CATFISH Grilled or hand-breaded fried catfish. Served with (2) hush puppies. 26 gm

CHICKEN FRIED STEAK Crispy golden fried steak topped with country gravy. Try as a sandwich with lettuce, tomatoes, onions, & pickles. 60 gm carbs

GRILLED OR FRIED CHICKEN CLUB SANDWICH Grilled or hand-breaded boneless chicken breast with American cheese, bacon, lettuce, tomato, onion & pickle. Choice of toasted bread. 30 gm carbs

BUILD YOUR OWN BURGER Fresh, never frozen, beef patty on a toasted bun with lettuce, tomato, onion, & pickles. Choose one: bacon, mushrooms, grilled onions, or fried egg 30 gm carbs

CRISPY CHICKEN TENDERS Golden fried chicken tenderloins served with choice of dipping sauce.
30 gm carbs

GRILLED TURKEY CRANBERRY SANDWICH Roasted turkey, Swiss cheese, bacon, & cranberry chutney on grilled wheatberry bread. 32 gm carbs

GOURMET GRILLED CHEESE SANDWICH Choice of Swiss, American, or cheddar jack cheese. Grilled tomato & bacon upon request. Served on grilled wheatberry bread. 35 grams carbs

ROASTED TURKEY OR SMOKED HAM SANDWICH OR WRAP Choice of smoked ham or roasted turkey with lettuce, tomato, & onion. 30 gm carbs

BLT Your choice of bread with bacon, lettuce, & tomato. 30 gm carbs

"Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness."

 = Heart Healthy

 = Gluten Free

A Consistent Carbohydrate Diet Is 60 Grams Of Carbs Per Meal

