

# THE GRILLE

EAT. DRINK. ENJOY.

SAMPLE

## APPETIZERS

### SEASONAL VEGETABLE PLATE

148 Cals, 7g Carbs, 1g Prot, 13g Fat

Assortment of fresh, raw vegetables with buttermilk ranch.

### SHRIMP COCKTAIL

115 Cals, 14g Carbs, 12g Prot, 1g Fat

Poached tiger shrimp served with zesty cocktail sauce and fresh cut lemon wedges.

### CORN FRITTERS

278 Cals, 54g Carbs, 3g Prot, 6g Fat

Corn mixed in a sweet batter, deep fried until golden brown and served with honey for dipping.



## HANDHELDS

All handheld selections are served with choice of one side.  
Select handhelds can be gluten free.

### BUILD YOUR OWN BURGER

371-530 Cals, 31-26g Carbs, 29-37g Prot, 6-33g Fat

#### CHOICE OF PROTEIN:

1/3lb. beef burger or grilled chicken

#### CHOICE OF CHEESE:

Cheddar, American or Swiss

#### CHOICE OF ADD-ONS:

Sautéed mushrooms, sautéed onions or bacon



### BEEF TACO

265-531 Cals, 16-32g Carbs, 14-27g Prot, 16-32g Fat

Two soft shell tacos stuffed with seasoned ground beef, iceberg lettuce, cheddar cheese and tomato. For a leaner option, substitute grilled chicken.

## SALADS



Dressing selections: Ranch, Blue Cheese, Dorothy Lynch, Italian, Raspberry Vinaigrette

Choose from small or large size.  
Grilled chicken or grilled salmon added upon request.

### THE HOUSE

146-228 Cals, 16-21g Carbs, 6-11g Prot, 6-11g Fat

Mixed greens, carrot, red onion, grape tomato, cheddar cheese and croutons.

### THE TACO

707-1215 Cals, 25-38g Carbs, 15-37g Prot, 61-102g Fat

Seasoned ground beef, cheddar cheese, tomato, red onion and crunchy tortilla strips layered over fresh romaine and iceberg. Served with salsa and avocado ranch dressing.

### CHEF'S SOUP OF THE DAY

Ask your server for todays featured soup!



 Broth based soup is the healthier choice.

## PICK TWO

Choice of half or full sandwich, served with cup of soup or a small house salad.

**CHOICE OF PROTEIN:** Ham, Turkey, Chicken Salad, B.L.T.

**CHOICE OF CHEESE:** American, Cheddar or Swiss

**CHOICE OF BREAD:** White, Wheat, Marble Rye



\*Consuming raw or undercooked animal products, such as meat or eggs, may increase your risk of food-borne illness, especially if you have certain medical conditions.

 Gluten Free

 Thrive Healthier Choice

# ENTREES

All entrees, with the exception of fried baskets are served with choice of two sides.

## CHEF’S FEATURE

Ask your server for today’s daily selection.

## CHOPPED STEAK

448 Cals, 10g Carbs, 29g Prot, 31g Fat

Seasoned ground beef mixed with onions, breadcrumbs and spices, char-grilled then topped with a mushroom demi-glaze.

## CHICKEN FRESCO GF

616 Cals, 18g Carbs, 34g Prot, 39g Fat

Seared chicken breast, topped with grape tomatoes, lemon chardonnay cream sauce and a drizzle of balsamic glaze, then garnished with fresh basil.

## GRILLED SALMON GF

361 Cals, 2g Carbs, 35g Prot, 24g Fat

6oz filet of Atlantic salmon, lightly seasoned and char-grilled, finished with a lemon chardonnay cream sauce.

## BOURBON GLAZED PORK MEDALLIONS

229 Cals, 21g Carbs, 22g Prot, 4.5g Fat

Char-grilled pork tenderloin medallions brushed with a rich and smoky bourbon glaze.



## SEAFOOD BASKET

811-816 Cals, 80-143g Carbs, 20-25g Prot, 19-47g Fat

Butterfly shrimp or catfish bites, flash fried to a crispy golden brown. Served with seasoned fries and traditional coleslaw.

# SIDES

GF Chef’s Vegetables  
Chef’s Starch

GF Garlic Mashed Potatoes

GF Coleslaw

GF Baked Potato  
French Fries

Sweet Potato Fries

GF Fresh Fruit

GF Canned Fruit  
GF Cottage Cheese

Compound Salad

GF Lemon Dill Green Beans

# ALL DAY BREAKFAST



## EGG SCRAMBLER GF

417 Cals, 54g Carbs, 21g Prot, 13g Fat

Two scrambled eggs mixed with ham, sautéed onions, and bell peppers, the garnished with shredded cheddar cheese. Served with crispy hash browns and a side of fresh fruit.

## CREATE AN OMELET GF

577 Cals, 52g Carbs, 34g Prot, 26g Fat

Two-egg omelet filled with your choice of three ingredients served up with crispy hash browns and a side of fresh fruit.

Pit Ham  
Smoked Bacon  
GF Grilled Chicken  
GF Mushroom

GF Onion  
GF Bell Pepper  
GF Tomato  
Cheddar Cheese

# DRINKS

Coffee  
Milk  
Assorted Juices  
Iced or Hot Tea  
Lemonade  
Soft Drinks

## THRIVE HEALTHIER CHOICE OPTIONS GF

We understand residents and guests have varying food preferences. With that in mind, we have provided some simple suggestions on how to make your menu choices better fit your individual needs:

- The THRIVE symbol indicates:
  - Entree - <750 kcals, <~8g saturated fat and <700mg sodium
  - Appetizers and Sides- <250 kcal, <3g saturated fat and <600mg sodium
- Choose items that are grilled or baked.
- Ask for little or no oil used in the preparation process.
- In place of whole eggs, ask for egg white substitution.
- Substitute a second vegetable or fresh fruit in place of a starch item.
- Ask for the entrée to be prepared with little to no salt.
- Sauces may be served on the side.
- Smaller portions for select menu items are available.

GF Gluten Free

GF Thrive Healthier Choice