



EAT. DRINK. ENJOY.

SAMPLE

APPETIZERS



SHRIMP SCAMPI HAVARTI
860 Cals, 56g Carbs, 31g Prot, 56g Fat
Gulf shrimp sautéed in garlic and herb butter with baked Havarti cheese and toasted herb buttered artisan bread.....8 / 10

SEASONAL VEGETABLE CRUDITÉ
148 Cals, 7g Carbs, 1g Prot, 13g Fat
An assortment of raw fresh vegetables with homemade buttermilk ranch..... 3.5 / 4.5

VEGETABLE SPRING ROLL
110-286 Cals, 13-36g Carbs, 2-8g Prot, 6-13g Fat
Vegetables and Asian spices wrapped in a flaky wrapper then deep fried until golden brown, served with a soy ginger dipping sauce.....6.5/ 7.5
Lighter portion3.5 / 4.5

SHRIMP COCKTAIL
115 Cals, 14g Carbs, 12g Prot, 1g Fat
Lightly poached shrimp served with zesty cocktail sauce..... 4.5 / 5.5

FROM THE GRILLE

All items from the grille, with the exception of the lighter portion, includes choice of two sides. Dinner rolls available per request.

CHICKEN FRESCO
557-904 Cals, 9-14g Carbs, 24-42g Prot, 41-66g Fat
Seared chicken breast, topped with grape tomatoes, lemon chardonnay cream sauce and a drizzle of balsamic glaze, then garnished with fresh basil14 / 17

BOURBON GLAZED PORK CHOP
493 Cals, 22g Carbs, 47g Prot, 22g Fat
Frenched bone-in pork chop grilled to order, then finished with a rich and smoky bourbon glaze.....14 / 17

GRILLED SALMON
361 Cals, 2g Carbs, 35g Prot, 24g Fat
Hand cut filet of Atlantic salmon, lightly seasoned and char-grilled, finished with a lemon chardonnay cream sauce.....14.5 / 18

PETITE FILET MIGNON
268 Cals, 3g Carbs, 29g Prot, 14g Fat
5oz of aged USDA Choice beef, hand-cut, grilled to order, topped with hunter sauce.....19 / 23



SEAFOOD BASKET
956-1224 Cals, 72-146g Carbs, 20-26g Prot, 34-96g Fat
Butterfly shrimp or catfish bites, flash fried to a crispy golden brown. Served with seasoned fries, traditional coleslaw and your choice of cocktail or tartar sauce 11 / 13

SIDES
(All sides-2.5 / 3)
Yukon Garlic Mashed Potatoes
Baked Potato
French Fries
Cottage Cheese
Canned Fruit
Steamed Carrots
Cut Green Beans
Seasonal Fresh Vegetable
Fresh Fruit
Chef's Choice of Starch
Featured Soup (add 1 / 1.5)
House Salad (add 1.5 / 2)
Wedge Salad (add 2.5 / 3)
Taco Salad (add 3 / 3.5)

ENTREES

CHEF'S FEATURE
Ask your server for today's daily selectionMarket

SHRIMP SCAMPI
1178 Cals, 58 Carbs, 24 Prot, 91g Fat
Gulf shrimp, spinach, red bell peppers and mushrooms, sautéed in garlic and herb butter, then tossed with cavatappi pasta and garnished with fresh parsley..... 14 / 16

TILAPIA
113 Cals, 0g Carbs, 22g Prot, 2g Fat
Tilapia filet, simply seasoned with kosher salt and black pepper, served with a lemon wedge and your choice of two sides11 / 13

HANDHELDS

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

BUILD YOUR OWN BURGER

342-642 Cals, 30-38g Carbs,
27-43g Prot, 8-41g Fat

CHOICE OF PROTEIN:

1/3lb. beef burger, two pieces
of grilled chicken or impossible
burger (add 2)

Add bacon for .75

CHOICE OF CHEESE:

Cheddar, American or Swiss.....9 / 11



CUBANO

569 Cals, 42g Carbs, 39g Prot, 19g Fat

Pulled pork, ham, bacon, swiss cheese, mustard and pickle
between grilled ciabatta bread 10.5 / 13

CATFISH PO BOY

626 Cals, 45g Carbs, 22g Prot, 28g Fat

Breaded catfish bites, lettuce, tomato and Cajun
remoulade, on a toasted hoagie roll..... 10.5 / 13

CHICKEN CLUB

452 Cals, 33g Carbs, 35g Prot, 19g Fat

Two pieces of grilled chicken, bacon, lettuce, tomato and
mayonnaise between toasted marble rye bread.....10 / 12

PICK TWO

HALF SANDWICH..... 7 / 9
WHOLE SANDWICH.....9 / 11
ACCOMPANIED WITH A CUP
OF SOUP OR HOUSE SALAD

Choice of Protein: Ham, turkey, chicken salad, BLT

Choice of Cheese: American, cheddar or Swiss

Choice of Bread: White, wheat, marble rye



BREAKFAST FOR DINNER



OMELET

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 fruit8.5 / 10.5

Pit Ham
Smoked Bacon
Grilled Chicken
Cheddar Cheese

Bell Pepper
Tomato
Onion
Mushroom

THE CLASSIC PLATTER

800 Cals, 52g Carbs, 21g Prot, 57g Fat

Two eggs any style, served with wheat toast, crispy hash browns
and fresh fruit (add bacon for .75)8.5 / 10.5

SALADS



Add grilled chicken-4 / 5, crispy
chicken-5 / 6 or salmon-7 / 9

Dressing Selections: Homemade Ranch, Blue
Cheese, Dorothy Lynch, Italian, Raspberry
Vinaigrette, Oil & Vinegar

HOUSE

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

Mixed greens with carrots, tomatoes,
red onions, cheddar cheese, croutons
and choice of dressing.....8 / 9

Lighter portion..... 4 / 5

THE WEDGE

308-354 Cals, 4-7g Carbs, 7-8g Prot, 29-32g Fat

Crisp iceberg lettuce topped with
bacon, tomatoes, blue cheese
crumbles, green onions and
homemade ranch dressing.....9 / 10

Lighter portion..... 5 / 6

THE TACO

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

Seasoned beef, cheddar cheese,
tomato, red onion and crunchy
tortilla strips layered over fresh
romaine and iceberg. Served
with salsa and avocado ranch
dressing 10 / 12

Lighter portion.....5.5 / 6.5

CHEF'S SOUP OF THE DAY

Prepared from scratch right here
in our own kitchen with only the
freshest ingredients. Be sure and ask
your server for today's selection.

Cup 3.5 / 4.5
Bowl 4.5 / 5.5

Broth based soup is the healthier
choice.

DRINKS

SOFT DRINKS

Coca Cola Products2
Lemonade2
Fruit Juice2
Small Fruit Juice1
Milk.....2
Small Milk1

COMPLIMENTARY

Iced Tea, Hot Tea, Coffee

BEER, WINE & SPIRITS

Available upon request

Thrive Healthier Choice

THRIVE HEALTHIER CHOICE OPTIONS

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.