

Drinks

Served All Meals

Call
2-3463
(2-DINE)

Milk and Alternatives \$1

- Fat-free | Lactose-free Fat-free
- 1% | 2% | Whole
- Whole Chocolate
- Low-fat Buttermilk
- Hot Chocolate
- Vanilla Almond Milk \$2
- Vanilla Soy Milk \$2

Juice \$1

- Apple | Grape | Orange
- Prune | V8 | Cran-Grape
- Diet Cranberry

Cold Drinks \$1

- Bottled Water
- Iced Tea - Regular | Decaf
- Coke - Regular | Diet
- Dr Pepper - Regular | Diet
- Sprite - Regular | Zero
- G2 | Gatorade
- Ginger Ale

Ask about
our seasonal
drink - \$4



Coffee and Tea \$1

- Hot Coffee - Regular | Decaf
- Hot Tea - Regular | Decaf
- English Breakfast Tea
- Green Tea

Decaf Herbal Teas

- Chamomile | Lemon Ginger
- Mint | Lemon

Powered by Protein \$4

Ensure Plus High Protein

- Chocolate

Boost Plus

- Vanilla

Boost Glucose Control

- Chocolate | Vanilla

Boost Breeze

- Orange | Wild Berry

Smoothies - 10oz

- Banana Strawberry
- Green Machine
- Strawberry Cheesecake
- Tropical Sunshine

Milkshakes - 10oz

- Chocolate
- Chocolate Peanut Butter Banana
- Vanilla

Desserts and Snacks

Served
All Meals

Desserts \$3

- Angel Food Cake with Strawberries
- Key lime Pie | Fresh Berries and Cream
- Mini Bundt Cake-Chocolate
- Tiramisu Cupcake | Dutch Apple Pie
- New York Cheesecake

Cookies \$1

- Chocolate Chip | Graham Crackers
- Oatmeal Raisin | Sugar-free Lemon
- Sugar-free Gourmet Walnut Brownie

Jell-O Gelatin \$1

- Cherry | Lime | Sugar-free Lemon
- Peach Mango High Protein
- Sugar-free Panna Cotta with Fresh Berries

Pudding \$2

- Banana | Chocolate | Tapioca
- No Added Sugar Vanilla

Yogurt \$3

- Mixed Berry | Light Peach
- Low-fat Plain | Vanilla | Strawberry Whips

Greek Yogurt \$3

- Pineapple | Fat-free Blueberry
- Fat-free Vanilla
- Strawberry Triple Zero

Parfaits \$3

- Low-fat Vanilla Yogurt with Granola and Your Choice of Fresh Seasonal Berries | Canned Peaches
- Sugar-free Jell-O with Layers of No Added Sugar
- Vanilla Pudding with Seasonal Berries



Fresh Fruit \$4

- Fresh Fruit Cup
- Blueberries | Strawberries
- Honeydew | Pineapple
- Seedless Grapes
- Apple \$1 | Banana \$1

Ask
about our
seasonal fruit
and seasonal
berries

Canned and Dried Fruit \$1

- Applesauce | Fruit Cocktail
- Mandarin Oranges
- Peaches | Pears | Pineapple
- Dried Prunes - 3oz | Raisins



Ice Cream and More \$2

Per Scoop

- Chocolate | Strawberry | Vanilla
- Fat-free Sugar-free Vanilla
- Rainbow Sherbet
- Fat-free Vanilla Frozen Yogurt

Toppings \$1

- Caramel | Chocolate Syrup
- Chopped Walnuts | M&M's
- Fresh Fruit - Banana | Pineapple or Strawberries
- Sugar-free Whipped Topping

Italian Ice and Sugar-free Popsicles \$1

- Assorted Flavors



Room Service Menu

Call
2-3463
(2-DINE)



Guest
Menu

Guest Menu



Breakfast

Place breakfast orders
between 6:30-10:30 a.m.

Call
2-3463
(2-DINE)

Hot Cereal \$2

Cream of Wheat
Grits | Oatmeal

Cream of
Wheat and
oatmeal served
all day

Cold Cereal \$2

Cheerios - Regular | Honey Nut
Cinnamon Toast Crunch | Corn Flakes
Frosted Flakes | Granola with Raisins | Raisin Bran
Rice Krispies | Special K

Ask about our wide variety of toppings \$1

Pancakes and More \$4

Belgian Waffle - Multigrain | Buttermilk
Pancakes - Multigrain | Buttermilk
French Toast
Toppings \$1
Warm Berry Compote | Sugar-free Whipped Topping

Ask about
condiments

Fresh Eggs \$3

Fried | Hard Boiled | Poached
Scrambled | Scrambled Egg Whites

Scrambled
and hard boiled
eggs served
all day

Breakfast Proteins \$3

Smoked Bacon | Country Sliced Ham
Chicken Apple Sausage Link | Pork Sausage Link
Turkey Sausage Patty | Vegetarian Breakfast Patty
Sautéed Tofu with Garlic

Breads \$2

Biscuit - with Creamy Gravy if desired
Croissant | Flour Tortilla (one)
Toasted Bagel - Plain | Raisin
Toasted Sliced - White | Sliced Whole Wheat
Toasted English Muffin - Sourdough | Whole Wheat
Banana Nut Bread

Sides and Starches \$2

Avocado | Sliced Tomatoes | Cottage Cheese
Potatoes O'Brien | Refried Beans | White Rice

*Foods made at this facility may come in contact
with milk, eggs, fish, shellfish, tree nuts, peanuts,
wheat, soybean, and sesame.*

Lunch and Dinner

Choose from a variety of foods, all prepared with high-quality ingredients.

Soups \$4

Made from scratch

Baked Potato
Homestyle Herb Chicken Noodle
Garden Vegetable | Texas Chili

Ask about
our Soup
Specials

Salads \$9

Try our chef's homemade
or assorted Ken's dressings

Small Salad \$3 - Garden | Caesar

Chicken Caesar Salad

Grilled chicken breast, crisp romaine lettuce,
tomatoes, shredded Parmesan cheese and croutons

Turkey Cobb Salad

Fresh garden mixed greens, feta cheese,
low-sodium turkey, diced tomatoes, smoked bacon,
English cucumber and hard boiled egg



Build Your Own Sandwich

Full Sandwich \$8 Half Sandwich \$6

Toasted by request.

Breads

Croissant | French Baguette | Pita | Sliced White
Sliced Whole Wheat | White Bun | Whole Wheat Bun

Meats

Smoked Bacon | Ham | Turkey | Egg Salad
Tuna Salad | Chicken Salad

Cheeses

American | Cheddar | Low-sodium Swiss
Monterey Jack | Provolone

Sandwich Fixings

Leaf Lettuce | Tomato | Red Onion | Dill Pickle Chips
Avocado | Mayonnaise | Mustard
Roasted Red Pepper Hummus | Peanut Butter
Assorted Natural Jams and Honey | Sugar-free Jellies

Menu items
available in a la
carte and half
portions

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tree nuts, peanuts, wheat, soybean, and sesame*

Place lunch orders between 11 a.m.-2:15 p.m. and dinner 3:15-9 p.m.

Our team works hard to ensure your meals taste great and are good for you.

Entrées

Carbs will vary based on sides selections

Chicken Fried Chicken \$15

Buttermilk battered fried chicken with mashed
potatoes, tarragon green beans and country gravy

Always Thanksgiving \$12

Roasted turkey with cornbread dressing, tarragon green
beans with giblet gravy and cranberry sauce

Brisket Meatloaf \$15

Chopped brisket, ground beef and bbq spice with
gouda mac and cheese, steamed broccoli,
and BBQ au jus

Grilled Chimichurri Steak \$15

Well done grilled steak served with mashed
sweet potatoes, asparagus mushroom ragout
and chimichurri sauce

Grilled Salmon Bowl \$16

Fresh Atlantic salmon with quinoa pilaf
and steamed asparagus with basil pesto

Stir Fry Chicken Bowl \$14

Soy ginger chicken tossed with mushrooms, broccoli,
onion, bell peppers, pineapple and white or brown rice

Catch of the Day \$15

Cajun-baked or poached fish with chimichurri rice, snap
pea, carrot, red pepper succotash, lemon butter sauce.
Cocktail sauce and tartar sauce on request

Spaghetti \$12

Meat or Marinara sauce on regular or wheat
spaghetti with your choice of vegetable

Cajun Shrimp Pasta \$11

Shrimp tossed with spaghetti, spinach, tomatoes,
onions and bell peppers, with a Cajun-spiced
alfredo cream sauce

Breads \$2

Cornbread | Crackers | Croissant
Dinner Roll - White | Whole Wheat
Parmesan Garlic Bread | Banana Nut Bread

Ask
about our
Seasonal Chef
Specials and
Sauces

Personal Pizza \$7

Cheese
Margherita
Turkey Pepperoni

Vegetables \$2

Steamed

Asparagus | Broccoli
Carrots | Kernel Corn

Seasoned

Tarragon Green Beans
Mushrooms
Snap Pea, Carrot, and
Red Pepper Succotash
Vegetable Stir Fry
Sautéed Spinach

Starches \$2

Potato - Baked | Mashed
Sweet Potato - Baked | Mashed
Roasted Baby Potatoes
Brown | White Rice
Chimichurri Rice
Quinoa Pilaf
Cornbread Dressing
Smoked Gouda Mac and Cheese
Black | Garbanzo
Pinto | Refried Beans