



SAMPLE MENU

Monday



-Lunch-

Chef's Choice: *tomato orzo soup*, Monte Cristo sandwich, mushroom salad & dessert cart

Sandwich Board: freshly sliced cold cuts, egg, seafood, chicken or tuna salads. Grilled cheese garnished with bacon, caramelized onion, mushroom & tomato

-Dinner-

Dinner By Land: veal with peppers and onions, roasted Yukon potatoes, roasted sweet peas

Dinner By Sea: baked basa filet

Dessert: pineapple upside down cake

Tuesday



-Lunch-

Chef's Choice: *cream of asparagus soup*, breaded chicken over Mesclun salad & chocolate pudding

Sandwich Board: freshly sliced cold cuts, egg, seafood, chicken or tuna salads. Grilled cheese garnished with bacon, caramelized onion, mushroom & tomato

-Dinner-

Dinner By Land: roasted pork loin, rice & kidney beans, roasted squash medley

Dinner By Sea: baked catfish

Dessert: triple chocolate cake

Wednesday



-Lunch-

Chef's Choice: *hearty vegetable soup*, hamburgers, sweet potato fries & fresh fruit salad

Sandwich Board: freshly sliced cold cuts, egg, seafood, chicken or tuna salads. Grilled cheese garnished with bacon, caramelized onion, mushroom & tomato

-Dinner-

Chef's Choice: linguini and clam sauce, garlic bread

Alternate: chicken caprese, linguini with garlic and oil

Dessert: lemon crunch cake

Thursday



-Lunch-

Chef's Choice: *butternut squash & apple soup*, baked Western omelet quiche, chic pea salad & chocolate chip cookies

Sandwich Board: freshly sliced cold cuts, egg, seafood, chicken or tuna salads. Grilled cheese garnished with bacon, caramelized onion, mushroom & tomato

-Dinner-

Dinner By Land: beef stew, biscuits

Dinner By Sea: baked salmon, baked potato, cauliflower

Dessert: chocolate loaf cake



SAMPLE MENU

Friday



Island Bistro Breakfast

-Lunch-

Chef's Choice: mushroom barley soup, gnocchi with creamy tomato basil sauce, Italian bread & dessert cart

Sandwich Board: freshly sliced cold cuts, egg, seafood, chicken or tuna salads. Grilled cheese garnished with bacon, caramelized onion, mushroom & tomato

-Dinner-

Chef's Choice: home style haddock, barley pilaf, asparagus

Alternate: ham steak with raisin sauce

Dessert: cherry turn over

Saturday



Island Bistro Breakfast

-Lunch-

Chef's Choice: country lentil soup, sloppy joe on a roll, onion rings & fresh fruit cup

Sandwich Board: freshly sliced cold cuts, egg, seafood, chicken or tuna salads. Grilled cheese garnished with bacon, caramelized onion, mushroom & tomato

-Dinner-

Dinner By Land: chicken wings, au gratin potatoes, broccoli

Dinner By Sea: tilapia

Dessert: cheese cake

Sunday



Island Bistro Breakfast

-Lunch-

Chef's Choice: chicken noodle soup, shrimp salad platter with cole slaw & ice cream

Sandwich Board: freshly sliced cold cuts, egg, seafood, chicken or tuna salads. Grilled cheese garnished with bacon, caramelized onion, mushroom & tomato

-Dinner-

Special Dinner: ravioli & Italian sausage, garlic bread

Dinner By Sea: baked founder filet

Dessert: assorted pies



Island Bistro Breakfast

Served Daily

Assorted juices & a selection of regular or decaffeinated coffee & teas



Starters

freshly baked breads, seasonal fruits, select breakfast meats, and assorted yogurts with hot and cold cereals



Made To Order

allow our chef to customize a breakfast to fit your tastes. Tailor an omelet, French toast, breakfast sandwich, pancakes, waffle, eggs any style- your options are endless!

