

light fare

SALADS

CAESAR SALAD TOPPED WITH GRILLED CHICKEN OR SALMON

Served on a bed of romaine with Parmesan cheese, croutons and Caesar dressing

ASIAN CHICKEN SALAD

Grilled sesame chicken with mixed greens, chow mein noodles, mandarin oranges and Thai peanut dressing

MEDITERRANEAN FETA SALAD

Arugula mixed with blueberries, Feta cheese and balsamic vinaigrette

TUNA WALDORF SALAD OR CHICKEN SALAD PLATE

Your choice of Tuna Waldorf salad (made with walnuts, apples, apricots and yogurt) or Chicken salad served on a bed of mesclun greens with crackers

SANDWICHES

Served with lettuce, tomato and pickle with your choice of one side

CHICKEN SALAD ON CROISSANT

Fresh diced white meat chicken prepared with light mayonnaise

GRILLED CHICKEN SANDWICH

Char broiled marinated chicken breast served on a fresh bun

GRILLED HAMBURGER ON A BUN

Char broiled fresh ground beef with your choice of Swiss or American cheese

GRILLED CHEESE SANDWICH

Grilled on your choice of bread with Swiss or American cheese

DELI SANDWICH

Choice of shaved turkey or ham with Swiss or American cheese on your choice of bread

TUNA WALDORF SANDWICH

Tuna salad made with walnuts, apples, apricots and yogurt served on whole grain bread

CATCH OF THE DAY

Seasoned with olive oil, spices, grilled and served on a bun with tartar sauce & lemon

JUMBO HOT DOG

Served with sauerkraut or grilled onions

wellness selections

Served with your choice of two ♥ heart healthy sides

PORK TENDERLOIN WITH BLUEBERRY SAUCE

Fresh herb-seasoned sautéed pork tenderloin served with fresh blueberry white wine sauce

Calories: 152 | Fat: 5 g | Sodium: 305 mg | Fiber: 1 g | Chol: 40 mg | Carbs: 12 g

BLACK BEAN CAKES WITH FRESH TOMATO SALSA

Two black bean cakes served with a fresh tomato, lime and cilantro salsa

Calories: 311 | Fat: 8 g | Sodium: 381 mg | Fiber: 12 g | Chol: 0 mg | Carbs: 45 g

TURKEY BREAST WITH CRANBERRY MUSTARD

Prepared with sautéed garlic and green onion and topped with a cranberry mustard sauce

Calories: 200 | Fat: 6 g | Sodium: 232 mg | Chol: 56 mg | Carbs: 8 g

BERRY SPINACH SALAD WITH CHICKEN

Chilled sliced thigh atop a bed of fresh spinach mixed w/ berries & plums, drizzled with raspberry vinaigrette

Calories: 176 | Fat: 2 g | Sodium: 176 mg | Fiber: 4 g | Chol: 42 mg | Carbs: 30 g

Wellness items meet the American Heart Association criteria

 *Living the Mediterranean Way!*

Dinner entrees

GRILLED PETITE FILET*

The most tender cut of beef char broiled to perfection, finished with herb garlic butter and topped with crispy Cajun onion straws

CHICKEN ENTRÉE DU JOUR

Grilled chicken breast topped with a sour cherry Chambord glaze

SHRIMP SCAMPI

Sautéed shrimp in a garlic white wine butter sauce; served over pasta

FRIED PORK CHOP

Boneless pork chop lightly breaded and fried then topped with country gravy and fried okra

GRILLED SALMON

Fresh salmon filet char broiled and topped with a fresh tomato salsa

CHEF INSPIRED FRESH FISH

Topped with olive oil and fresh herbs

SIDE ITEMS

French Fries

Sweet Potato Fries

♥ Rice

♥ Baked Potato

♥ Baked Sweet Potato

Fried Apple Crescents

Fried Okra

♥ Green Beans

♥ Spinach

♥ Steamed Vegetable Medley

♥ Broccoli

Cole Slaw

♥ Chef's Vegetable Feature

♥ Fresh Fruit

♥ Side Salad

Dessert selections

CHEF'S DESSERT FEATURE

Ask your server about the available selections

ASSORTED CAKES

Ask your server about the available selections

ASSORTED PIES

Ask your server about the available selections

BROWNIE

ICE CREAM

Ask your server about all of our available flavors
Sugar-free selections available

SHERBET

Ask your server about the available selections

BEVERAGES

Coffee

Hot Tea

Milk

Soft Drinks

Juice

Iced Tea

🍷 Assorted Wines

Assorted Beers

**Will be prepared well done, unless otherwise specified. Warning:
Consuming raw or undercooked beef steak may increase your risk
of foodborne illness, especially if you have certain medical conditions.*


**THE LAKES
AT LITCHFIELD**

reservations 843-235-2400