

FL ETC GALLEY

LOW-COUNTRY KITCHEN 04 /05 /25 -- 04/ 11 /2025

BREAKFAST MENU

DAILY OPTIONS

FARM FRESH EGGS, SAUSAGE PATTIES, SAUSAGE LINKS, CORNED BEEF HASH, HAM, BACON, FRIED POTATOES, GRITS, OATMEAL, FRESH FRUIT

SATURDAY-FRIDAY OPTIONS

SATURDAY- FRENCH TOAST STICKS, SUNDAY- WAFFLES
MONDAY- BLUEBERRY PANCAKES, TUESDAY-FRENCH TOAST, WEDNESDAY- WAFFLES, THURSDAY- BANANA PANCAKES, FRIDAY-WAFFLES

LUNCH MENU

CHICKEN POT PIE, HAMBURGER STEAK W/ PEPPERS & ONIONS (GF) ... SATURDAY

* OVEN ROASTED BLISS POTATOES (GF), GARLIC TOAST, VEGETABLE MEDLEY (GF). YELLOW CORN (GF) *

TURKEY & DUMPLINGS, PORK STEAK FRITTERS ... SUNDAY

* WHITE RICE (GF), BROWN GRAVY, BUTTERY ROASTED SLICED POTATOES (GF), CAPRI BLEND VEGETABLES (GF), SUGAR SNAPS (GF) *

CAJUN STYLE FLOUNDER (GF), FRIED HONEY CHICKEN WINGS ... MONDAY

* SMOKED GOUDA GRITS (GF), WHITE RICE (GF), ROASTED SUMMER SQUASH (GF), BRUSSELS SPROUTS (GF) *

TACO-SEASONED GROUND BEEF (GF), CHIPOTLE CHICKEN STRIPS (GF) ... TUESDAY

* WARM FLOUR TORTILLAS, FRIED NACHO CHIPS, QUESO CHEESE, SPANISH RICE (GF), BLACK BEANS & CORN (GF), MEXICAN SLAW (GF) *

FRIED CHICKEN, JERK BAKED CHICKEN, SWEDISH MEATBALLS ... WEDNESDAY

* MASHED GARLIC POTATOES (GF), STEAMED WHITE RICE (GF), CHICKEN GRAVY, GREEN LIMA BEANS W/ SMOKED TURKEY (GF), STEAMED GREEN BEANS (GF) *

SLOPPY JOE SANDWICHES, FRIED CHICKEN TENDERS (ORIGINAL & BUFFALO) ... THURSDAY

* WAFFLE FRIES, BAKED WHITE CHEDDAR CAVATAPPI, CALIFORNIA BLEND (GF), HERB ROASTED SQUASH (GF) *

BBQ PULLED PORK, CRISPY FRIED FISH ... FRIDAY

* RED RICE W/ PORK SAUSAGE (GF), MAC & CHEESE, BAKED BEANS, COLLARD GREENS, HUSH-PUPPIES, COLE SLAW (GF) *

SOUP DAILY OPTIONS

SOUP MENU

* MONDAY--BROCCOLI CHEDDAR SOUP--TUESDAY-- MEXICAN CHICKEN TORTILLA SOUP-- WEDNESDAY--HOME STYLE CHILI-- THURSDAY--SHE CRAB SOUP -- FRIDAY-- LOADED POTATO SOUP *

DAILY-LOW CALORIE MENU

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(MONDAY-FRIDAY) Daily Chef Selected Seafood Item~ Roasted Chicken~ Vegetarian Entrée~ Steamed Brown Rice ~ Quinoa & Cous Cous~ Chef Selected Vegetables ~ (ALL ITEMS WILL BE SALT AND BUTTER/MARGARINE FREE) Flavored w/ Olive Oil & Chef Selected Herbs and Spices VEGETABLES MAY BE SUBJECT TO CHANGE BASED ON AVAILABILITY

DINNER MENU

ASSORTED FRENCH BREAD PIZZA, BONELESS CHICKEN WINGS ... SATURDAY

* PASTA, MARINARA SAUCE (GF), JALAPENO CHEESE POPPERS, PEAS & CARROTS (GF), CAULIFLOWER (GF) *

SLOW ROASTED ROAST BEEF, BROWN SUGAR HAM (GF) ... SUNDAY

* MASHED POTATOES (GF), WHITE RICE (GF), BROWN GRAVY, BLACK-EYED PEAS (GF), GARLIC SPINACH (GF) *

SEAFOOD CREOLE, CAJUN GRILLED CHICKEN BREASTS (GF) ... MONDAY

* BASMATI RICE (GF), CREOLE RED BEANS (GF), ROASTED RED POTATOES (GF), BUTTERED CORN (GF) *

COUNTRY FRIED STEAK, GRILLED FISH W/ PINEAPPLE CHUTNEY (GF) ... TUESDAY

* WHITE RICE (GF), BROWN GRAVY, POTATO MEDLEY (GF), GREEN BEANS (GF), VEGETABLE MEDLEY (GF) *

ITALIAN GROUND BEEF RAGU SERVED W/ PASTA, BALSAMIC ROASTED PORK LOIN (GF) ... WEDNESDAY

* HASH BROWN POTATOES (GF), WILD RICE BLEND, GARLIC SPINACH, CORN ON THE COB (GF) *

PRIME RIB W/ GARLIC & HERBS (GF), GRILLED GARLIC TOMATO BASIL CHICKEN (GF) ... THURSDAY

* BAKED POTATOES (GF), SWEET POTATOES (GF), BROWN RICE, (GF), SAUTÉED MUSHROOMS, RATATOUILLE (GF) *

HONEY BBQ RIBS, CHICKEN PROVENCAL (GF) ... FRIDAY

* YELLOW RICE (GF), CHEESY SLICED POTATOES (GF), SUMMER SQUASH BLEND (GF), PARMESAN BROCCOLI (GF) *

DESSERT MENU

BANANA PUDDING, CHOCOLATE COOKIE CRUMB PARFAIT, PEACH COBBLER, CHERRY COBBLER, APPLE PIE

SPECIALTY BAR

THURSDAY

* HIBACHI STATION *

HOURS OF OPERATION--WEEKDAY HOURS BREAKFAST 6:30am-7:45am LUNCH 11am-1pm DINNER 4:15pm-7pm WEEKEND HOURS BREAKFAST am-9:15am LUNCH 11:30am-1pm DINNER 5:30pm-7pm