

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 huckleberries, Feta cheese and balsamic vinaigrette

TUNA WALDORF SALAD OR CHICKEN SALAD PLATE

Your choice of Tuna Waldorf salad (made with walnuts, apples, apricots and Greek 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 mayonnaise

GRILLED CHICKEN SANDWICH

Grilled marinated chicken breast served on a fresh bun

GRILLED HAMBURGER ON A BUN

Grilled ground beef with your choice of Swiss or American cheese (*prepared well done*)

DELI SANDWICH

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

GRILLED CHEESE SANDWICH

Grilled on your choice of bread with Swiss or American cheese

TUNA WALDORF SANDWICH

Tuna salad made with walnuts, apples, apricots and Greek 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 HUCKLEBERRY SAUCE

Fresh herb-seasoned sautéed pork tenderloin served with fresh huckleberry 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 and topped with Béarnaise sauce or sautéed mushrooms

GRILLED OR POACHED SALMON

Choose from a fresh grilled salmon filet served with a dill or Béarnaise sauce, or poached with a sun dried tomato basil topping

PENNE PASTA

Grilled chicken with broccoli sauce on a bed of penne pasta

CHICKEN SALAD PLATE

Chunky white meat chicken served with assorted fruits of the season

SHRIMP SCAMPI

Jumbo shrimp sautéed in butter, garlic and white wine

CATCH OF THE DAY

Chef inspired fresh fish creation topped with a fresh herb blend and served with mixed vegetables and brown rice du jour

SIDE ITEMS

French Fries

Sweet Potato Fries

♥ Rice

♥ Baked Potato

♥ Baked Sweet Potato

♥ Baked Apples

♥ Fresh Fruit

♥ Green Beans

♥ Spinach

♥ Steamed Vegetable Medley

♥ Broccoli

Cole Slaw

♥ Chef's Vegetable Feature

♥ 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
STRATFORD**

reservations 317-733-9560