



# Dinner Menu

Saturday 03/02/2024

## APPETIZER

Bacon & Corn Chowder - \$3

Small Salad - \$3 (GF&VG)

Shrimp Cocktail - \$7.50

*Served with cocktail sauce*

Mozzarella Caprese Salad - \$4.50 (GF&V)

*Fresh mozzarella, tomatoes, basil and olive oil over a bed of greens. Finished with a balsamic glaze.*

## SIDES

*\*Soup or Salad may be substituted for a side\**

Buttermilk Biscuit (V)

Baked Beans (GF&V)

Tomato & Red Onion Salad (GF&VG)

Coleslaw (GF&V)

Fresh Broccoli (GF&VG)

Sautéed Spinach (GF&VG)

## DESSERTS

Flourless Chocolate Torte - \$3 (GF)

Mixed Berry Apple Crisp - \$3

House Baked Chocolate Chip Cookies - \$1.75

Ice Cream - \$2.50

*Please ask about our vegan & sugar free options*

Fruit Cup - \$3

## SALADS

Woodland Pond Salad - \$8 (GF&V)

*Tomatoes, cucumbers, black olives & cheddar cheese over mixed greens.*

Pear Waldorf Salad - \$8 (GF&V)

*Sliced pears, blue cheese, grapes & pecans over mixed greens.*

With Choice of:

Chicken, Salmon, Shrimp or Tofu - \$4

## ENTREES

(With Choice of 2 Sides)

Grilled Kielbasa Sausage - \$14 (GF&DF)

Ancho Mango BBQ Glazed

Chicken Breast - \$14 (GF&DF)

*Chicken breast coated in a barbecue sauce made from mangoes, ancho chili powder and coriander.*

Blacken Flank Salad - \$14

*Blackened flank steak, bacon, bleu cheese, grape tomatoes & croutons over mixed greens.*

Jackfruit in Hot Garlic Sauce - \$13 (VG)

*Jackfruit, mushrooms, red pepper, jalapeño, soy sauce & chili garlic sauce.*

Herb Roasted Salmon - \$15 (GF&DF)

*6oz Atlantic salmon coated in herbs then oven roasted.*

## FROM THE GRILL

Grilled Burger - \$10

*Beef, Turkey, Veggie or Impossible*

Chicken Tenders (4) - \$7

Chicken Wings (8) - \$9.50

Pub Style Fish & Chips - \$14.50

*\*All items served with fries*

GF – Gluten Free V – Vegetarian  Mindful  
VG – Vegan DF – Dairy Free

\*\*Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk for foodborne illness, especially if you have certain medical conditions.