# CAST IRON.

### EAT. DRINK. ENJOY.

# **APPETIZERS**



## CRAB SPINACH AND ARTICHOKE DIP

Creamy crab, spinach and artichoke dip topped with Parmesan cheese and served with garlic toast

#### POT STICKERS

Chicken dumplings, with authentic Asian spices, fried and served with soy ginger dipping sauce Lighter portion available

#### **BEEF TENDERLOIN LOLLIPOPS**

Beef tenderloin lightly seasoned and grilled to order and topped with a savory truffle sauce

#### **ITALIAN MEATBALLS**

House-made meatballs topped with a zesty marinara sauce and served with garlic toast Lighter portion available

#### SEASONAL VEGETABLE CRUDITÉS 🗷

An assortment of raw fresh vegetables with homemade buttermilk ranch

#### SHRIMP COCKTAIL >

Lightly poached shrimp served with zesty cocktail sauce

Lighter portion available

#### GARLIC CHEESE BREAD

Herb buttered artisan bread topped with mozzarella cheese and melted to golden brown, served with marinara sauce



# FROM THE—GRILLE

All items from the grille, with the exception of the lighter portion, includes choice of two sides.

Dinner rolls available per request.

#### WHISKEY GLAZED CHICKEN

Grilled chicken breast filets finished with house-made whiskey glaze

Lighter portion (one side) available

#### CITRUS AND HERB SALMON 🔊

Atlantic salmon perfectly seasoned, grilled and topped with citrus herbed butter

#### **BALSAMIC CHERRY PORK CHOP**

Frenched bone-in pork chop grilled to order then topped with a balsamic cherry sauce

#### FILET MIGNON

5 oz USDA Choice beef filet, hand-cut and grilled to order *Add sautéed mushrooms or onions* 





#### COCONUT SHRIMP

Coconut crusted shrimp fried until golden and served with a sweet dipping sauce with choice of two sides

#### SIDES

Garlic Smashed Yukon Gold Potatoes

Baked Potato

Natural Cut Fries

Onion Rings

Wild Rice

Candied Carrots

Seasonal Fresh Vegetable 💆

Fresh Fruit 😕

# **ENTREES**

#### CHEF'S FEATURE

Ask your server for today's daily selection

#### BASIL AND SWEET POTATO GNOCCHI

Potato gnocchi with grape tomatoes, spinach, and tossed in basil pesto sauce served on a bed of sweet potato puree

#### SMOKED GOUDA MAC AND CHEESE

Cavatappi noodles tossed with ham and a Gouda cream sauce, topped with toasted bread crumbs, scallions and cheddar cheese

Lighter portion available

## HANDHELDS-

All handheld selections are served with choice of one side.

#### **BUILD YOUR OWN BURGER**

Start with a 1/3 lb. of Nebraska beef hand crafted with your choice of cheddar, American, Swiss or pepper jack cheese Add any of the following enhancements: bacon, fried egg, sautéed mushrooms or onions



#### GRILLED CHICKEN SANDWICH

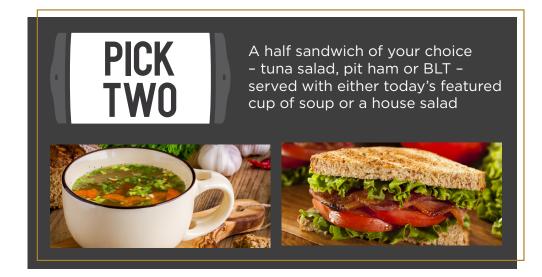
Flame grilled chicken breast with your choice of cheddar, American, Swiss or pepper jack cheese on a toasted bun

#### **CRISPY CHICKEN CLUB**

Crispy chicken, cheddar, bacon, lettuce, tomato and aioli on a toasted bun

#### **BREW PUB FISH SANDWICH**

Two ale battered cod filets fried until golden topped with lettuce and tomato and served on a grilled hoagie with tartar sauce



# SALADS



Add grilled chicken, crispy chicken or grilled salmon. Lighter portions are available upon request.

#### HOUSE 💆

Wild greens, carrots, grape tomatoes, red onion, croutons and cheddar cheese

#### FALL SUPERFOOD >

A nutrient-rich combination of baby kale and romaine with toasted walnuts, pears, red onion, feta cheese and dried cranberries

#### **FUJI APPLE**

Fresh local greens, red onion, crumbled bleu cheese, candied pecans, Fuji apple crisps and our own creamy Fuji apple dressing

#### CHEF'S SOUP OF THE DAY

Prepared from scratch right here in our own kitchen with only the freshest ingredients. Be sure and ask your server for today's selection.

Broth based soup is the healthier choice.

# CREATE AN OMELET

#### OMELE.

Whoever said breakfast is not for dinner has never experienced one of our fluffy two-egg omelets. Choose any three fillings and we'll serve it up piping hot with crispy hash browns and a side of fresh fruit

Pit Ham Smoked Bacon Grilled Chicken ∑ Cheddar Cheese Bell Pepper 圏 Tomato 圏 Onion 圏 Mushroom 圏



#### SOFT DRINKS

Coca Cola products Lemonade Fruit Juice Milk

#### **COMPLIMENTARY**

Iced Tea, Hot Tea, Coffee

Thrive Healthier Choice 🏽

#### THRIVE HEALTHIER CHOICE OPTIONS 😕

We understand residents and guests have varying food preferences. With that in mind, we have provided some simple suggestions on how to make your menu choices better fit your individual needs:

- Choose items that are grilled or baked.
- Ask for little or no oil used in the preparation process.
- In place of whole eggs, ask for egg white substitution.
- No sugar added desserts options are available. Ask your server for our selection.
- Substitute a second vegetable or fresh fruit in place of a starch item.
- Ask for the entrée to be prepared with little to no salt.
- Sauces may be served on the side.
- Smaller portions for select menu items are available.