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## APPETIZERS 9

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### Sampler

spicy, golden brown, breaded chicken strips, mozzarella cheese sticks and crispy onion rings served with two dipping sauces

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### Basket Of Puppies

ten pancake puppies, our bitesized round pancakes rolled in a delicious blend of cinnamon and sugar. served with warm syrup on the side for dipping.

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### Chicken Strips

spicy, golden brown breaded chicken strips tossed in your choice of sweet & tangy bbq or buffalo sauce. served with celery sticks and your choice of dipping sauce.

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### Zesty Nachos

crisp tortilla chips topped with cheese sauce, shredded cheddar cheese, specially seasoned ground beef, freshly made pico de gallo and sour cream. nachos also available in a half size portion

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### Mozzarella Cheese Sticks

golden-fried with a side of marinara sauce

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### Wings

tossed in your choice of sweet & tangy bbq or buffalo sauce. served with celery sticks and your choice of dipping sauce.

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### Smothered Cheese Fries

our wavycut french fries covered with cheese sauce, shredded cheddar cheese and crumbled bacon. served with a side of creamy ranch dressing.

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### Three-dip & Chips

three delicious flavors mild salsa, queso con carne and warm, creamy spinach artichoke dip. served with crispy tortilla chips.

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### Cheese Burger Flatbread

a grilled flour tortilla topped with frisco sauce and loaded with ground beef, diced tomatoes, shredded cheddar cheese and lettuce.

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## SOUPS 9

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### Bowl Of Soup

our soups are kettlecooked to be rich and hearty. served with dinner bread

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### AVAILABLE EVERY DAY - Chicken Noodle

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### MONDAY - Vegetable Beef

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### TUESDAY - Vegetable Beef

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### WEDNESDAY - Loaded Baked Potato

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## THURSDAY - Loaded Baked Potato

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## FRIDAY - Clam Chowder

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## SATURDAY - Broccoli & Cheddar

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## SUNDAY - Broccoli & Cheddar

## SALADS 2

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### Chicken Deluxe Salad

your choice of goldenfried breaded chicken strips or a grilled seasoned chicken breast sliced on top of crisp mixed greens with grape tomatoes, cucumbers, red onions and cheddar cheese. served with the dressing of your choice and dinner bread.

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### Cranberry Apple Chicken Salad

grilled seasoned chicken breast, glazed pecans, apple slices and dried cranberries atop a bed of crisp spring mix. served with balsamic vinaigrette and dinner bread.

## BURGERS 7

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### Western Burger

tangy steak sauce drizzled over onion tangles and melted swiss cheese. served with lettuce, tomato and red onion

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### Mushroom Swiss Burger

topped with melted swiss cheese and mushroom sauteed in garlic and herbs. served with lettuce , tomato and pickles and red onion

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### Bacon Cheddar Burger

a classic burger topped with crisp bacon, and cheddar cheese. served with lettuce, tomato, pickles and red onion

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### Patty Melt

a burger patty with melted swiss and american cheeses, grilled onions and frisco sauce served on grilled rye bread

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### Bacon Slamburger

a burger topped with crispy hash browns, an egg8 cooked to ordered, two slices of bacon, then covered with cheese sauce

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### Veggie Burger

amys veggie burger made from fresh organic grains and vegetables with proteinrich soy. topped with melted pepper jack cheese, fresh spinach, tomato and grilled mushrooms on a whole wheat bun. served with a side of balsamic vinaigrette and fit fare fresh veggies as your side choice.

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### Double Cheeseburger

two beef patties and your choice of american, swiss, cheddar or pepper jack cheese. served with lettuce, tomato, pickles and red onions. classic cheeseburger

## SANDWICHES 7

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### Prime Rib Philly Melt

juicy, prime rib, mushrooms, onions sauteed, then topped with melted swiss cheese on grilled ciabatta bread with a zesty garlic spread

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### Chicken Avocado Sandwich

a grilled seasoned chicken breast with diced avocado, freshly made pico de gallo, lettuce and sour cream on a whole wheat bun. served with fit fare fresh veggies as your side choice

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## **The Super Bird**

thinly sliced turkey bread with melted swiss cheese, crisp bacon and tomato on grilled sourdough.

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## **Club Sandwich**

thinly sliced turkey breast, crisp bacon, lettuce, tomato and mayonnaise on toasted white bread

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## **Spicy Buffalo Chicken Melt**

a goldenfried breaded chicken breast tossed in a spicy buffalo sauce with lettuce and tomato, topped with melted swiss cheese. placed on grilled ciabatta bread with a zesty garlic spread. served with ranch dressing.

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## **Bacon Lovers Blt**

eight crisp slices of bacon piled high with lettuce, tomato and mayonnaise on toasted potato bread.

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## **Hickory Grilled Chicken Sandwich**

a grilled seasoned chicken breast topped with melted cheddar cheese and onion tanglers™ on a sesame seed bun. served with lettuce, tomato and a sweet hickory spread.

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## **SANDWICHES - SIDES 6**

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### **Seasoned Fries**

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### **French Fries**

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### **Hash Browns**

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### **Onion Rings**

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### **Garden Salad**

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### **Dippable Veggies**

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## **SANDWICHES - EXTRAS 5**

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### **Make Your Entree Extra Special**

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### **Upgrade To Seasoned Fries**

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### **Add A Garden Salad**

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### **Add Bacon (two Strips)**

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### **Add A Bowl Of Soup**

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## **AMERICAN DINNER CLASSICS 11**

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### **Spaghetti & Meatballs**

three seasoned meatballs atop a bed of pasta covered in a rich, meaty tomato sauce. served with a side of parmesan cheese and garlic toast.

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### **Country-fried Steak**

two goldenfried chopped beef steaks smothered in rich country gravy. served with your choice of two sides and dinner bread.

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## **Chicken Strips**

four spicy, golden brown breaded chicken strips served with a dipping sauce, your choice of two sides and dinner bread

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## **Slow-cooked Pot Roast**

our slowcooked pot roast, creamy mashed potatoes and herbroasted carrots, celery, mushrooms and onions atop grilled ciabatta bread and covered in rich gravy

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## **Prime Rib & Chicken Sizzlin' Skillet**

tender prime rib and juicy grilled seasoned chicken breast sizzle with fire-roasted peppers and onions, hash browns loaded with diced bacon and melted cheddar cheese. served with warm tortillas, freshly made pico de gallo and sour cream

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## **Sweet & Tangy Bbq Chicken**

two grilled seasoned chicken breasts smothered in our sweet & tangy bbq sauce. served with smoked cheddar mashed potatoes, fiesta corn and dinner bread

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## **T-bone Steak**

a tender 13 oz. seasoned t-bone steak with your choice of two sides and dinner bread

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## **T-bone Steak & Shrimp**

a tender 13 oz. seasoned tbone steak with your choice of a grilled shrimp skewer or six goldenfried shrimp. served with your choice of two sides and dinner bread.

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## **Lemon Pepper Grilled Tilapia**

a seasoned white fish fillet grilled and topped with a tangy lemon pepper butter sauce. served on a bed of savory vegetable rice pilaf with your choice of two sides and dinner bread.

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## **Fish & Chips**

a wild-caught icelandic haddock fillet fried golden brown and served with wavy-cut french fries, coleslaw, tartar sauce and dinner bread.

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## **Tilapia Ranchero**

a seasoned white fish fillet grilled and topped with freshly made pico de gallo and diced avocado. served with a side of our smoked cheddar mashed potatoes and dinner bread.

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## **AMERICAN DINNER CLASSICS - DINNER SIDE CHOICES** 16

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### **Broccoli**

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### **Coleslaw**

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### **Corn**

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### **Dippable Veggies**

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### **Fiesta Corn**

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### **French Fries**

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### **Green Beans**

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### **Hash Browns**

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### **Mashed Potatoes**

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### **Redskinned Potatoes**

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## Sauteed Spinach

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## Sauteed Spinach

with pico de gallo & bacon

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## Smoked Cheddar

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## Mashed Potatoes

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## Tomato Slices (three)

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## Vegetable Rice Pilaf

## AMERICAN DINNER CLASSICS - EXTRAS <sup>3</sup>

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### Add a Grilled Shrimp Skewer

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### Add Six GoldenFried Shrimp

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### Add a Garden Salad or Soup

## DINNER <sup>5</sup>

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### Senior Grilled Shrimp Skewer

one skewer of succulent shrimp grilled and placed over our savory vegetable rice pilaf. served with choice of one side and dinner bread

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### Senior Lemon Pepper Grilled Tilapia

a seasoned white fish fillet grilled and topped with a tangy lemon pepper butter sauce. served with choice of two sides and dinner bread

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### Senior Fit Fare Grilled Chicken

a grilled seasoned chicken breast with corn, broccoli and a fresh garden salad with balsamic vinaigrette as your side choices.

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### Senior Grilled Chicken

a grilled seasoned chicken breast. served with choice of two sides and dinner bread.

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### Senior Country-fried Steak

a goldenfried chopped beef steak smothered in rich country gravy. served with choice of two sides and dinner bread.

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