

# The Grill Sample Lunch Menu



## TODAY'S LUNCH MENU – Tuesday

### SOUP

- Broccoli Cheddar Soup \$3.00  
*Cal. 217*
- Soup of the Day \$3.00  
*Cal. Varies*

### SALADS

- Grilled Salmon Salad \$13.00
- Chef Salad *GF* \$10.00
- Caprese Stuffed Avocado *GF* \$10.00

- High Sodium Content
- Fit & Fresh; Less than 450 Calories, 400mg sodium, 45g carbs, 10g sugar

### SANDWICHES & ENTREES

- Turkey, Ham & Bacon Club \$8.50
- All Beef Hot Dog \$6.00
- Muffuletta Wrap \$8.00
- Reuben \$10.00
- "The Grill" Cheese Sandwich \$6.50
- Open-Faced Cuban \$11.00
- Carolina Trout \$12.00
- "The Grill" Burger \$9.00

### TODAY'S SPECIAL

- Braised Corn Beef \$8.50
- Served with Cabbage And Brown Sugar Carrots

Sandwiches come with choice of one side:  
 French Fries Cal. 190 Cole Slaw Cal. 110 Onion Rings Cal. 270  
 Steamed Broccoli Cal. 25 Fresh Fruit Cal. 80 Mashed Potatoes Cal. 130  
 or substitute a side salad or cup of soup for \$0.50.



# The Grill Sample Dinner Menu



## TODAY'S DINNER MENU

Monday

### ENTREES

- Grilled Flank Steak \$10.00  
*Cal. 111*
- Crab Cakes \$18.00  
*Cal. 283*

### SALADS

- House, Caesar, or Spinach Side Salad \$3.00

Entrees come with choice of two sides or substitute a side salad or cup of soup for \$0.50.

- High Sodium Content
- Fit & Fresh; Less than 450 Calories, 400mg sodium, 45g carbs, 10g sugar

### SIDES

- Fingerling Potatoes \$1.75  
*Cal. 143*
- Vegetable Medley \$1.75  
*Cal. 44*
- Creamed Spinach \$1.75  
*Cal. 62*
- Italian Green Beans \$1.75  
*Cal. 41*
- Baked Potato \$2.75  
*Cal. 211*
- Baked Sweet Potato \$1.75  
*Cal. 136*
- Steamed Broccoli \$1.75  
*Cal. 23*
- Mashed Potatoes \$1.75  
*Cal. 124*

### SOUPS

- Broccoli Cheddar Soup \$3.00  
*Cal. 217*
- Soup of the Day \$3.00  
*Cal. Varies*

### DESSERTS

- Amaretto Cheesecake \$3.50  
*Cal. 655*
- Assorted Ice Creams \$3.50  
*Cal. 160*
- Ice Cream Small Scoop \$1.75  
*Cal. 160*
- Sugar-Free Dessert \$3.50  
*Cal. Varies*