

Meals N' Market

\$11.95 Specials

Sautéed Tilapia

Sautéed filet of a mild white fish in a lemon, butter sauce

Grilled Mahi Mahi

Marinated and grilled to perfection filet with pineapple salsa

Grilled Salmon

Rubbed with a special blend of spices and grilled to perfection filet with lemon basil sauce

Steak & Chicken Fajita Combo

Marinated tender flank steak and chicken breast sliced thin with peppers and onions served with Flour tortillas, sour cream, lettuce, tomatoes, shredded cheddar

Caribbean Steak & Chicken Combo

Marinated tender flank steak and breast of chicken roasted in mild Caribbean Flavors and sliced thin

\$9.95 Chef Specials Specials

The following Specials are prepared "as is" with no substitutions.

Fish & Chips

Fried Cod Filet served with Seasoned Potato Wedges

Shepherd's Pie

Layers of Seasoned Ground Beef with onion, carrot, mushrooms; Sweet Peas, Whipped Potatoes & topped with Cheddar Cheese

Beef Burgundy

Tender chunks of beef slow roasted with carrots, celery and mushrooms with a blend of spices in a burgundy sauce served with Buttery Egg Noodles

Chicken Fajitas

Marinated breast of chicken sliced thin with peppers and onions served with Flour tortillas, sour cream, lettuce, tomatoes, shredded cheddar served with Confetti Rice

Sweet and Sour Chicken

Sautéed chunks of chicken breast with sweet onion, sweet red pepper and pineapple chunks served with Jasmine Rice

Orange Cashew Chicken Stir Fry

Sautéed chunks of chicken breast with trilogy of sweet peppers, sweet onion, broccoli, Sliced garlic, mushrooms and cashews served with Jasmine Rice

Spaghetti & Meatballs

Spaghetti served with Home-style Marinara, Meatballs and Garlic Breadsticks

Meat Lasagna

Pasta layered with mozzarella, ricotta and parmesan cheeses with home-style Marinara and ground beef topped with provolone served with Garlic Breadsticks

Grilled Chicken Fettuccini

Grilled chicken breast sliced thin atop fettuccini with a parmesan sauce served with Garlic Breadsticks

Cheese Stuffed Shells

Jumbo shells stuffed with herb ricotta, mozzarella and parmesan Served with Garlic Breadsticks

Vegetable Lasagna

Pasta layered with ricotta, mozzarella, parmesan cheeses and spinach with zucchini, carrot, sweet red pepper, broccoli, sliced garlic in a parmesan sauce served with Garlic Breadsticks

Eggplant Parmesan

Lightly breaded and sautéed layered with marinara sauce and mozzarella topped with provolone served Penne Pasta and Garlic Breadsticks

Vegetable Fajitas

Sweet peppers, onions, broccoli, squash, zucchini with warm flour tortillas Served with Confetti Rice

Vegetable Stir Fry

Broccoli, sweet peppers, onions, snow peas, sliced garlic, mushrooms, carrot served with Jasmine Rice

Penne Pasta w/Grilled Chicken or Mild Italian Rope Sausage

Penne pasta with trilogy of sweet peppers and onions in a marinara sauce topped with parmesan. Includes our Grilled Chicken breast (sliced thin) or Mild Italian Rope Sausage sliced into medallions with Garlic Breadsticks.

\$9.95 Specials**Chicken Piccata**

A light Mediterranean chicken cutlet sautéed with flavors of fresh lemon and capers

Chicken Marsala

Sautéed chicken cutlet with garlic, shallots and mushrooms with a Marsala wine sauce

Chicken Cordon Bleu

Sliced Roulade of chicken stuffed with swiss and prosciutto

Grilled Chicken and Pineapple

Grilled Chicken Breast served with grilled pineapple

Roasted Chicken with Pan Gravy

Slow roasted chicken breast sliced and served with Pan Gravy.

Fried Chicken

Seasoned Floured Chicken Breast, Thighs or Legs

Chicken Parmesan

Lightly breaded chicken breast coated with fresh bread crumbs, Italian spices and parmesan Topped with shredded mozzarella

Parmesan Crusted Chicken

Lightly seasoned chicken breast coated with romano and parmesan cheese crumbs

Chicken Milanese

Sautéed chicken cutlet breaded with panko and parmesan served with a Roasted Garlic Parmesan Sauce

Chicken Chasseur

Tender chicken breast in a rich white wine, mushroom and tarragon sauce

Bistro Chicken

Pan roasted chicken breast marinated and glazed in a mild honey Dijon sauce

Southwest Chicken Bake

Breast of chicken baked in a very mild BBQ glaze topped with thin red onions, tomato, cilantro, mozzarella and cheddar cheese

Caribbean Grilled Chicken

Marinated grilled boneless breast of chicken roasted in mild Caribbean flavors and sliced thin

Honey Baked Ham

Slow cooked with a honey, brown sugar, maple glaze

Honey Ginger Pork Tenderloin

Whole tenderloin marinated and grilled to perfection then slice into medallions with a honey ginger sauce

Roast Pork Tenderloin

Roasted with apple butter, garlic and brown sugar with sautéed apples

6 oz. Steakburger

Grilled Ground Chuck with lettuce, tomato, choice of cheese, bacon on a Fresh Baked Kaiser Roll

Beef and Pork Sage Meatloaf

with brown gravy

Garlic Studded Beef Pot Roast

A delicious fork tender garlic studded beef pot roast with a red wine sauce

Sides

Side dishes to our meal packages

Roasted Garlic Smashers	Fresh Green Beans
Whipped Potatoes	Glazed Baby Carrots
Scalloped Potatoes	Buttery Whole Kernel Corn
Rosemary & Garlic Roasted Potatoes	California Medley
Idaho & Sweet Potato Blend	Zucchini, Squash & Carrot
Seasoned Potato Wedges	Penne Pasta w/ Marinara
Baked Potato or Sweet Potato	Sweet Peas
Yellow Island Style Rice	Steamed Broccoli
Jasmine Rice	Black Beans w/ red onion
Confetti Rice	Stir Fry Veggies
Coconut Rice	
Mexican Rice	
Macaroni & Cheese	

See our Fresh Specialty Salad Menu

ADD: Garlic Breadsticks or Fresh Baked Yeast Rolls for \$.75/ea.