### Room Service Menu

**Breakfast**

#### Sides
- Seasonal Fruit Cup (1)
- Apple (2)
- Banana (2)
- Orange (2)
- Grapes (1)
- Applesauce (1)
- Greek Style Plain (5)
- Vanilla (1)
- Blueberry (1)
- Peach (1)
- Oatmeal (2)
- Cream of Wheat (2)
- Cream of Rice (2)
- Cheerios or Honey Nut Cheerios (1)

#### Entrees (Served from 6:30am-11am, orders must be placed by 10am)

<table>
<thead>
<tr>
<th>Item</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Breakfast</strong></td>
<td></td>
</tr>
<tr>
<td>Cereal</td>
<td>Raisin Bran (2) Corn Flakes (1) Rice Chex (1) Low Fat Granola (2.5)</td>
</tr>
<tr>
<td><strong>Breakfast Entrees</strong></td>
<td>Yogurt &amp; Fruit Parfait (2) Cottage Cheese Banana Bread (2) Muffin of the Day (2) Cream Cheese (Rq) Strawberry, or Vegetable</td>
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<tr>
<td><strong>Breakfast Sides</strong></td>
<td>English muffin (2) Toast (White, Wheat, Cinnamon Raisin (1) Plain Bagel (4) Cinnamon Raisin Bagel (4) Home Fries (1) Hard Boiled Egg Peanut Butter</td>
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**Soups**

- Tomato (1.5)
- Vegetable (1.5)
- Chicken Noodle (5)
- Lentil Stew (2)

**Side Salads**

- Garden Salad
- Caesar Salad
- Dressing: Oil & Vinegar, Ranch, Fat Free Ranch (1)
- Italian, Balsamic Vin, Raspberry Vin (5)

**Small Plates**

- Chips & Salsa (1)
- Crudités: Broccoli, Carrots, and Cherry Tomatoes
- Served with your choice of dressing

**Hummus Plate**: House made Garlic Hummus
- Served with oven toasted pita bread (1)
- Quesadilla: Beans & Cheddar: Vegetarian or add chicken (3.5)

**House Specialties**

- Chef’s Special: (Ask your operator or server for details)
- Lemon Parmesan Quinoa Bowl: Vegetarian or add chicken or shrimp: Can substitute with rice (2)
- Vegetable Stir Fry: Local vegetables tossed with tofu, chicken or shrimp over white or brown rice (3)
- Shrimp Scampi: with garlic, tomatoes, white wine and linguini (3)
- Lemon & Herb Baked White Fish
- Salmon Filet: grilled lemon or thyme tarragon marinade: Served with a zesty housemade salsa
- Turkey Tortellini Pesto with tomatoes (3)
- Roast Turkey and Pan Gravy
- Grilled Honey Ginger Pork Chops (1)
- Pasta Bar (1): Spaghetti, whole wheat penne (3), or cheese tortellini (3): Made with your choice of marinara, pesto, alfredo and/or meatballs

Orders may be placed up to 6:30pm

**From The Charbroiler**

- Served on kaiser rolls with lettuce, tomato, and pickle
- Garden Burger (4)
- Grilled Chicken Breast (3)
- Hamburger (3)

**On The Side**

- Vegetables
- Vegetable of the Day
- Carrots
- Broccoli
- Green Beans
- Baby Spinach
- Fresh Beets
- Cole Slaw

**Entrée Salad**

- Chef Salad: Lettuce mix with carrots, cucumbers, tomatoes, turkey, egg, and cheddar cheese
- Caesar: Your choice of Traditional, chicken, salmon or shrimp with homemade croutons
- Spinach: Baby spinach, strawberries, blueberries and almonds (2)
- Caprese Salad: Fresh Mozzarella, tomatoes, basil, and extra virgin olive oil served with baguette slices (1)

**Create Your Own Sandwich**

- (Whole or Half)
- Chicken Salad
- Egg Salad
- House Made Hummus
- Tuna Salad
- Turkey (Low Sodium or Oven Roasted)
- Peanut Butter & Jelly
- Cheddar
- Low Fat Swiss
- White, Whole Wheat, Marble Rye (2)
- Kaiser Roll (3)
- Tortilla (3)
- Sub Roll (2)
- Crackers, Oyster Crackers (1)

### Lunch & Dinner

**Snacks**

- Baked Potato Chips (1.5)
- Cabot Cheddar
- Cheddar Goldfish (1)
- Cheddar Popcorn (1)
- Chee Mix (2.5)
- Fig Bar (1.5)
- Graham Cracker (1)
- Fruit and Nut Bar (1.5)
- Peanut Butter
- Pretzel Goldfish (1)
- Raspberry Crispees (2)
- Rice Krispie Treat (2)
- Saltine Crackers (1)
- Silvered Almonds
- Sunflower Seeds
- Tortilla Chips (2)

**Desserts**

- Pudding: Vanilla (SF Available) (1), Chocolate (SF Available) (1), Butterscotch (1.5), Topica (1.5), Homemade Custard (1)
- Homemade Cookies: Chocolate Chips (2), Peanut Butter (2), Seasonal Flavor (2)

**Baked goods**: Angel Food Cake and Berries (2), Chocolate Brownie (2), Blueberry Crisp (3), Bread Pudding (2)

**JELL-O**: (SF Available) Orange (1), Strawberry (1)

**Fruits**

- Seasonal Fruit Cup (1)
- Apple (2)
- Orange (2)
- Grapes (1)
- Applesauce (1)
- Mango Applesauce (1)
- Seasonal Peaches (1)
- Canned Peaches (1)
- Canned Pears (1)
- Canned Mandarin Oranges (1)
- Canned Prunes (1)

**Juice**

- Orange (1)
- Pineapple (1)
- Cranberry (1)
- Tomato (1)
- Apple (1)
- V-8
- Prune (1)

**Milk**

- Skim (1)
- Low Fat (1)
- Whole (1)
- Chocolate (1)
- Lactaid (1)
- Vanilla Soy (1)

**Hot Chocolate**

- No Sugar Added

**Coffee**

- Regular
- Decaffeinated

**Teas**

- Lipton Earl Grey
- Lemon
- Green Chamomile
- Cinnamon Apple
- Mint Cranberry Apple

**Unsweetened Ice Tea**

- Lemonade
- Water

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**Rum Service Menu**

- Add a guest meal for $10. cash only please.
Research has shown that people living in the Mediterranean region are among the healthiest in the world, with low rates of chronic diseases and cancer. It has been clear for decades that the Mediterranean Diet offers one of the healthiest eating patterns on earth. But why is it so healthy?

**Is it the olive oil? Is it the leafy greens? Is it the lack of 24 ounce steaks?** Although research continues to analyze individual foods, it also repeatedly shows that a healthy diet is much more than the sum of its nutrient parts. One early study of the “whole diet” approach was published in 1995 by Antonia Trichopoulou, Walter Willett, Frank Sacks, and others, in which the original Oldways Mediterranean Diet Pyramid was given center stage.

His study documented the health benefits of a diet “characterized by abundant plant foods (fruit, vegetables, breads, other forms of cereals, potatoes, beans, nuts, and seeds) fresh fruit as the typical daily dessert, olive oil as the principal source of fat, dairy products (principally cheese and yogurt), and fish and poultry consumed in low to moderate amounts, zero to four eggs consumed weekly, red meat consumed in low amounts, and wine consumed in low to moderate amounts, normally with meals.”

In subsequent years the body of scientific evidence supporting the healthfulness of the traditional Mediterranean Diet has continued to grow.