



Trafalgar Dining Menu

APPETIZERS

- Shrimp Cocktail** (NA)(LS)(LG)(LF).....5
- Spinach and Artichoke Bread**.....4

STEAKS, CHOPS & MORE

Includes choice of 2 sides

- Domestic Lamb Chops**.....15
Petite Portion (NA)(LS)(LG)(LF).....8
- 7oz Filet Mignon** (prime)(NA)(LS)(LG)(LF) 15
- Manhattan Strip** (prime)(NA)(LS)(LG)(LF).... 14
- Premium Pork Chop N' Kraut**.....12
Petite Portion (LS)(LG).....6
- Cranberry-Orange Organic Chicken**
(NA)(LS)(LG)(LF).....6
- Organic Half Chicken**.....9
- Liver & Onions** (LS)(LG).....7
- Spaghetti & Meatballs**.....7
Petite Portion5
- Eggplant Parmesan** (LS)(NA).....10
- Flatbread Pizza**.....7
Choice of: Pepperoni, Three-Cheese, Mushroom, or Veggie

SEAFOOD

Includes choice of 2 sides

- Shrimp Scampi with Angel Hair**.....10
Petite Portion Available (LS).....7
- Seared Scallops** (NA)(LS)(LG)(LF).....14
Petite Portion Available.....8
- 7oz Horsey Salmon** (NA)(LF)(LS).....10
- Crab Cakes..** (NA)(LS).....14
Petit.....7
- Grilled Swordfish Steak**.....10

SALADS

- Cobb Salad**.....8
Petite Portion.....6
- Garden Romaine**.....3
- Classic Caesar**.....3
Add organic chicken, shrimp, or tofu to any salad.....4

SCOOPS, SANDWICHES

N' PUB GRUB

Includes choice of 1 side

- Single Salad Scoop**.....2
(Choice of Egg, Chicken Craisin, Tuna or Crab, Cottage Cheese)
- Build a Sandwich**.....5
(Toasted or Not Toasted)
 - Ham, Turkey or Salad Scoop
 - Cheddar, Swiss, American or Provolone
 - White, Wheat, Rye, Sourdough
- 7oz Impossible (Soy) Burger**.....7
- 7oz Angus Burger**.....7
Add Cheese.....8
- Chicken Wings (6) or Fingers (6)**.....7
- Corned Beef Reuben**.....7
- Beef on Weck**7
- Patty Melt**.....9
- Scoop & Fruit Plate with Muffin**.....8
- Eggs & Toast Your Way (No Omelet)**....4

SIDES

- | | |
|----------------------------|------------------------------------|
| Vegetable of Day | Starch of Day |
| Unseasoned Veggies | Baked White or Sweet Potato |
| Steamed Spinach | French Fries |
| Coleslaw | Onion Rings |
| Soup Du Jour | House Steak Fries |
| Caesar/Garden Salad | |

(NA) Low Sodium, (LS) Low Soy, (LG) Low Gluten, (LF) Low Fat

Ask your server about today's Dessert Selection