



Trafalgar Dining Menu

APPETIZERS

- Shrimp Cocktail** (NA)(LS)(LG)(LF).....5
Vegetable Spring Rolls.....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
14oz Ribeye (prime)(NA)(LS)(LG)(LF).....14
Premium Pork Chop and Apples.....12
Petite Portion (LS)(LG).....6
Cranberry-Orange Organic Chicken
(NA)(LS)(LG)(LF).....6
Organic Half Chicken.....10
Liver & Onions (LS)(LG).....7
Spaghetti & Meatballs.....7
Petite Portion5
Eggplant Napoleon(LS)(NA).....10
Cauliflower 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
Sweet and Sour Tempura shrimp....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 Weck7
Sirloin Sandwich.....12
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 | Mac N Cheese |
| Caesar/Garden Salad | |

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

Ask your server about today's Dessert Selection