



APPETIZERS

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| Hummus Platter.....5.50
<i>Homemade with Garlic and Lemon,
served with wedges of
toasted Pita Bread</i> | Garlic Bread.....4.00
<i>Enough for two
Grill seared with Garlic and Butter</i> |
| Grilled Veggies.....5.00
<i>Grilled Broccoli, Zucchini, Squash,
Onions, Tomatoes, and Peppers
lightly seasoned</i> | Mozzarella Cheese Bread..6.00
<i>our Garlic Bread topped with
Mozzarella and served with
Homemade Marinara</i> |
| Maryland Crab Soup.....5.00
<i>Tomato-based Soup loaded with Crab
Meat</i> | Buffalo Breast.....6.00
<i>Buffalo style grilled Chicken strips,
served with Bleu Cheese</i> |
| Shrimp and Crab Quesadilla.....9.00
<i>Grilled Shrimp and Crab folded into Tortilla with Mozzarella and
Cheddar Cheese, served with Sour Cream and Homemade Salsa</i> | |

SALADS

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| House Salad - Romaine and Mesclun Greens with Tomatoes, Carrots, and Peppers..... | 3.50 |
| Chef Salad - Garden Salad topped with fresh baked Turkey Breast, Low-Fat Ham, and Cheese... | 8.50 |
| Lite Caesar Salad - Crisp Romaine tossed with a Lite Caesar Dressing..... | 6.00 |
| Garden Salad - A large portion of Mixed Greens and Seasonal Vegetables..... | 6.00 |
| Topped:
with Chicken add 4.00
with Grilled Shrimp add 5.00
with a Crab Cake add 7.00
with Tuna or Salmon add 7.00 | |

SANDWICH PLATTERS

All Sandwiches served on a Multi Grain Roll

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| Turkey Burger - Gary's blend of Spices has made this Spicy ½ lb. Burger Famous..... | 7.50 |
| Soy Burger - A tasty Meat Alternative..... | 7.00 |
| Salmon Filet - Grilled 6 oz Salmon Filet lightly seasoned..... | 9.00 |
| Cajun Catfish Sandwich - Grilled with spicy Creole Seasonings and Garlic sauce..... | 9.00 |
| Crab Cake - Made with Spices and Jumbo Lump Crab Meat..... | 9.50 |
| Chicken Fillet - Tender grilled Chicken Breast..... | 7.50 |
| Garden Burger - 100% Natural Ingredients..... | 7.00 |
| Peppered Tuna Steak - 6oz. Tuna Filet served with a fine Peppery blend of Spices..... | 9.00 |

**Available Toppings: Lettuce, Tomato, Onions, Hot or Sweet Peppers,
Low-Fat White American, Swiss or Provolone...add .50**



SEAFOOD ENTREES

Fresh Fish Specials - Prepared Fresh Daily.....Market Price

Maryland Crab Cakes - Made with Jumbo Lump Crab Meat, Spices and very little filler served over a bed of Mixed Greens with Veggies and Dirty Rice..... 19.00

Seafood Pasta - Everyone's Favorite...Shrimp and Scallops in Our Lite Spicy White Sauce, prepared with 2% Milk, Garlic and Parmesan Cheese..... 16.00

Shrimp Pasta - For the Shrimp Lovers, our Seafood Pasta without the Scallops but plenty of Shrimp..... 15.00

PASTAS

Choice Of Penne or Linguine. All Topped with our Homemade Marinara

Pasta Marinara - If you just want to savor our Homemade Marinara..... 9.00

Veggie Pasta - A medley of fresh Vegetables..... 11.00

Chicken Pasta - Full of tender grilled Chicken..... 13.00

Wild Mushroom Ravioli - 12.00

Spinach Ravioli - 12.00

Vegetable Lasagna - Layer of Pasta, Fresh Veggies, Low-Fat Ricotta and Mozzarella Cheese, and Homemade Marinara..... 12.00

CAJUN SPECIALTIES

All Cajun Entrees served with a side of Cornbread

Cajun Catfish - Tender Fillet of Farm-Raised Catfish seasoned with our own Cajun blend of spices, served on a bed of Dirty Rice 14.00

Dirty Chicken - Strips of Chicken Breast covered with our Cajun Seasonings, served over a bed of Dirty Rice..... 13.00

Jambalaya - A New Orleans classic. Tomato based combination of Peppers, Onions and Wild Rice, seasoned to your liking with :

Chicken 13.00
Shrimp 15.00
Chicken and Shrimp 14.00

SIDES

Baked Potato.....3.00 Pasta Salad Primavera.....3.00
Red Beans and Rice.....3.00 Homemade Cornbread.....2.00
Red Potato Salad.....3.00