



BRUNCH

10:30PM - 2:30PM

4.07 SUNDAY

HOT LINE

MIXED BERRY BAKED FRENCH TOAST
WITH CINNAMON SUGAR BUTTER (DF, V)
SCRAMBLED EGGS (V, NG)
PIZZA BAGELS (V)
GRILLED CHEESE (V)
GRILLED CHEESE WITH BACON
TOMATO SOUP (VG, NG)
TURKEY CHILI (NG)
SOUR CREAM & CHEDDAR CHEESE (V, NG)
SCALLIONS (VG, NG)
GARLIC ROASTED FINGERLING POTATOES
(VG, NG)

EGGS & OMLETES

CHOICE OF:

HAM	FETA CHEESE	PEPPERS
BACON	CHEDDAR CHEESE	ONIONS
CHICKEN SAUSAGE	VEGAN CHEESE	BROCCOLI
PLANT BASED CHORIZO		MUSHROOMS
		SPINACH
		TOMATOES

EGG SUBSTITUTE ALSO AVAILABLE

SELF SERVE

STEEL CUT OATMEAL
WITH DRIED FRUITS
BROWN SUGAR, NUTS & SEEDS

TOAST BAR
ASSORTED BREADS & PASTRIES
BUTTER, CREAM CHEESE, JAMS & SPREADS

ALL DAY BREAKFAST BAR

MAKE YOUR OWN WAFFLES
CEREAL & MILK
JUICE
WHOLE FRESH FRUIT

DINNER

5PM - 9PM

PIZZA

CHEESE
DAILY SPECIAL

GRILL

HAMBURGER
CHEESEBURGER
TURKEY BURGER
GRILLED CHICKEN
VEGGIE BURGER
GRILLED CHEESE

COOKED TO ORDER

DAIRY FREE RISOTTO BOWL
CHOOSE: BRAISED SHORT RIBS, GARLIC
SHRIMP, TOFU OR PLANT BASED CHICK'N
MUSHROOM BLEND, PEAS, PROSCIUTTO,
ARUGULA, ROASTED RED PEPPER

RED WINE BEEF SAUCE
BALSAMIC GLAZE
SCALLIONS FOR GARNISH

SELF SERVE

SOUP OF THE DAY:
CHEF'S CHOICE

SALAD BAR
SELECTION OF FRESH GREENS, SALAD
TOPPINGS & DRESSINGS

SANDWICH

TUNA WRAPS
TUNA SALAD WITH CELERY & LETTUCE
IN A WRAP

DINNER SPECIAL

INDIAN
CHICKEN TIKKA MASALA (NG)
CHANA MASALA (VG, NG)
TURMERIC CAULIFLOWER (VG, NG)
INDIAN CUCUMBER SALAD (VG, NG)
MINT CILANTRO CHUTNEY (VG, NG)
DUM ALOO POTATOES (V, NG)
CUMIN WHITE RICE (VG, NG)
NAAN BREAD (V)

LEAN & CLEAN

GRILLED CHICKEN (NG)
BROWN RICE (VG, NG)
VEGETABLE OF THE DAY (VG, NG)

Harborside café

BREAKFAST 6AM-10AM

4.08 MONDAY

HOT LINE

COFFEE MILK PANCAKES (V)
SPINACH & CHEESE
SCRAMBLED EGGS (V, NG)
EGG & CHEESE SANDWICHES (V)
CHICKEN SAUSAGE (NG)
HASH BROWNS (VG)

EGGS & OMLETES

CHOICE OF:
HAM FETA CHEESE PEPPERS
BACON CHEDDAR CHEESE ONIONS
CHICKEN SAUSAGE VEGAN CHEESE BROCCOLI
PLANT BASED CHORIZO MUSHROOMS
SPINACH
TOMATOES

EGG SUBSTITUTE ALSO AVAILABLE

SELF SERVE

STEEL CUT OATMEAL
WITH DRIED FRUITS
BROWN SUGAR, NUTS & SEEDS

TOAST BAR
ASSORTED BREADS & PASTRIES
BUTTER, CREAM CHEESE, JAMS & SPREADS

ALL DAY BREAKFAST BAR

MAKE YOUR OWN WAFFLES
CEREAL & MILK
JUICE
WHOLE FRESH FRUIT

LUNCH 10:30PM-2:30PM DINNER 5PM-9PM

PIZZA

CHEESE
DAILY SPECIAL

GRILL

HAMBURGER
CHEESEBURGER
TURKEY BURGER
GRILLED CHICKEN
VEGGIE BURGER
GRILLED CHEESE

COOKED TO ORDER

DAIRY FREE RISOTTO BOWL
CHOOSE: BRAISED SHORT RIBS, GARLIC
SHRIMP, TOFU OR PLANT BASED CHICK'N
MUSHROOM BLEND, PEAS, PROSCIUTTO,
ARUGULA, ROASTED RED PEPPER
RED WINE BEEF SAUCE
BALSAMIC GLAZE
SCALLIONS FOR GARNISH

LUNCH SPECIAL (10:30-2:30PM)

ASIAN LETTUCE WRAPS
GROUND CHICKEN (NG)
BUTTER LETTUCE (VG, NG)
SHREDDED CARROTS & CABBAGE (VG, NG)
CILANTRO (VG, NG)
SESAME SOY VINAIGRETTE (VG)
CRAB RANGOON
PORK DUMPLINGS
ASIAN NOODLE SALAD (V)

SELF SERVE

CHEF'S CHOICE
SALAD BAR
SELECTION OF FRESH GREENS,
SALAD TOPPINGS & DRESSINGS

DINNER SPECIAL (5-9PM)

AMERICAN
BBQ PULLED PORK
TORTILLA CHIPS (V)
SMOKED GOUDA CHEESE SAUCE (V)
ROASTED CORN
WITH TRI COLORED PEPPERS (VG, NG)
JALAPENOS (VG, NG)
CRISPY FRIED ONION STRAWS (V)
SALSA CREMA (V, NG)
BLACK BEANS (VG, NG)

SANDWICH

TUNA WRAPS
TUNA SALAD WITH CELERY & LETTUCE
IN A WRAP

LEAN & CLEAN

GRILLED CHICKEN (NG)
BROWN RICE (VG, NG)
VEGETABLE OF THE DAY (VG, NG)



BREAKFAST

6AM-10AM

4.09 TUESDAY

HOT LINE	EGGS & OMLETES	SELF SERVE
CINNAMON SUGAR FRENCH TOAST STICKS WITH NUTELLA DIPPING SAUCE (V) VEGETABLE QUICHE (V) EGG & CHEESE SANDWICHES (V) BACON (NG) TATER TOTS (VG)	CHOICE OF: HAM BACON CHICKEN SAUSAGE PLANT BASED CHORIZO FETA CHEESE CHEDDAR CHEESE VEGAN CHEESE PEPPERS ONIONS BROCCOLI MUSHROOMS SPINACH TOMATOES EGG SUBSTITUTE ALSO AVAILABLE	STEEL CUT OATMEAL WITH DRIED FRUITS BROWN SUGAR, NUTS & SEEDS TOAST BAR ASSORTED BREADS & PASTRIES BUTTER, CREAM CHEESE, JAMS & SPREADS

LUNCH

10:30PM-2:30PM

DINNER

5PM-9PM

PIZZA	GRILL	COOKED TO ORDER	LUNCH SPECIAL (10:30-2:30PM)
CHEESE DAILY SPECIAL	HAMBURGER CHEESEBURGER TURKEY BURGER GRILLED CHICKEN VEGGIE BURGER GRILLED CHEESE	<u>DAIRY FREE RISOTTO BOWL</u> CHOOSE: BRAISED SHORT RIBS, GARLIC SHRIMP, TOFU OR PLANT BASED CHICK'N MUSHROOM BLEND, PEAS, PROSCIUTTO, ARUGULA, ROASTED RED PEPPER RED WINE BEEF SAUCE BALSAMIC GLAZE SCALLIONS FOR GARNISH	<u>LIGHT & BRIGHT</u> HONEY CHIPOTLE SALMON (NG) KALE SALAD WITH ORANGE VINAIGRETTE (V, NG) ZUCCHINI & YELLOW SQUASH (VG, NG) BLISTERED CHERRY TOMATOES (VG, NG) TABBOULEH SALAD (VG, NG)

SELF SERVE

CHEF'S CHOICE

SALAD BAR

SELECTION OF FRESH GREENS,
SALAD TOPPINGS & DRESSINGS

SANDWICH	LEAN & CLEAN	DINNER SPECIAL (5-9PM)
<u>TUNA WRAPS</u> TUNA SALAD WITH CELERY & LETTUCE IN A WRAP	GRILLED CHICKEN (NG) BROWN RICE (VG, NG) VEGETABLE OF THE DAY (VG, NG)	<u>FRENCH</u> RABBIT RAGU (DF) PAPPARDELLE (V) WILD MUSHROOM RAGU (VG, NG) SAUTÉED ASPARAGUS (VG, NG) ROASTED GARLIC CARROTS & BEETS (VG, NG)



BREAKFAST ^{4.10} 6AM-10AM WEDNESDAY

HOT LINE

LEMON BLUEBERRY PANCAKES (V)
FRIED EGGS (V, NG)
EGG & CHEESE SANDWICHES (V)
TURKEY SAUSAGE (NG)
SWEET POTATO TATER TOTS (VG)

EGGS & OMLETES

CHOICE OF:
HAM FETA CHEESE PEPPERS
BACON CHEDDAR CHEESE ONIONS
CHICKEN SAUSAGE VEGAN CHEESE BROCCOLI
PLANT BASED CHORIZO MUSHROOMS
SPINACH
TOMATOES

EGG SUBSTITUTE ALSO AVAILABLE

SELF SERVE

STEEL CUT OATMEAL
WITH DRIED FRUITS
BROWN SUGAR, NUTS & SEEDS

TOAST BAR
ASSORTED BREADS & PASTRIES
BUTTER, CREAM CHEESE, JAMS & SPREADS

ALL DAY BREAKFAST BAR

MAKE YOUR OWN WAFFLES
CEREAL & MILK
JUICE
WHOLE FRESH FRUIT

LUNCH 10:30PM-2:30PM DINNER 5PM-9PM

PIZZA

CHEESE
DAILY SPECIAL

GRILL

HAMBURGER
CHEESEBURGER
TURKEY BURGER
GRILLED CHICKEN
VEGGIE BURGER
GRILLED CHEESE

COOKED TO ORDER

DAIRY FREE RISOTTO BOWL
CHOOSE: BRAISED SHORT RIBS, GARLIC
SHRIMP, TOFU OR PLANT BASED CHICK'N
MUSHROOM BLEND, PEAS, PROSCIUTTO,
ARUGULA, ROASTED RED PEPPER

RED WINE BEEF SAUCE
BALSAMIC GLAZE
SCALLIONS FOR GARNISH

LUNCH SPECIAL (10:30-2:30PM)

MAC & CHEESE BAR
CAJUN CHICKEN (NG)
SMOKED GOUDA MAC & CHEESE
CRISPY BACON (NG)
STEAMED BROCCOLI (VG, NG)
CAESAR SALAD (V, NG)

SELF SERVE

CHEF'S CHOICE

SALAD BAR
SELECTION OF FRESH GREENS,
SALAD TOPPINGS & DRESSINGS

LEAN & CLEAN

GRILLED CHICKEN (NG)
BROWN RICE (VG, NG)
VEGETABLE OF THE DAY (VG, NG)

DINNER SPECIAL (5-9PM)

ARGENTINA
CHIMICHURRI FLANK STEAK (NG)
CHIMICHURRI TOFU (VG)
ROASTED VEGETABLE MEDLEY (VG, NG)
(ZUCCHINI, PEPPERS, ONIONS,
ASPARAGUS, PORTOBELLO)
ROASTED GARLIC EGGPLANT (VG, NG)
PARMESAN SMASHED POTATOES (V, NG)

SANDWICH

TUNA WRAPS
TUNA SALAD WITH CELERY & LETTUCE
IN A WRAP



BREAKFAST

6AM-10AM

4.11

THURSDAY

HOT LINE	EGGS & OMLETES	SELF SERVE
PEANUT BUTTER & JELLY STUFFED FRENCH TOAST (V) LOADED SCRAMBLED EGGS (V, NG) EGG & CHEESE SANDWICHES (V) PORK SAUSAGE (NG) HASH BROWNS (VG)	CHOICE OF: HAM FETA CHEESE PEPPERS BACON CHEDDAR CHEESE ONIONS CHICKEN SAUSAGE VEGAN CHEESE BROCCOLI PLANT BASED CHORIZO MUSHROOMS SPINACH TOMATOES EGG SUBSTITUTE ALSO AVAILABLE	STEEL CUT OATMEAL WITH DRIED FRUITS BROWN SUGAR, NUTS & SEEDS TOAST BAR ASSORTED BREADS & PASTRIES BUTTER, CREAM CHEESE, JAMS & SPREADS

LUNCH

10:30PM-2:30PM

DINNER

5PM-9PM

ALL DAY BREAKFAST BAR

MAKE YOUR OWN WAFFLES
CEREAL & MILK
JUICE
WHOLE FRESH FRUIT

PIZZA	GRILL	COOKED TO ORDER	LUNCH SPECIAL (10:30-2:30PM)
CHEESE DAILY SPECIAL	HAMBURGER CHEESEBURGER TURKEY BURGER GRILLED CHICKEN VEGGIE BURGER GRILLED CHEESE	<u>DAIRY FREE RISOTTO BOWL</u> CHOOSE: BRAISED SHORT RIBS, GARLIC SHRIMP, TOFU OR PLANT BASED CHICK'N MUSHROOM BLEND, PEAS, PROSCIUTTO, ARUGULA, ROASTED RED PEPPER RED WINE BEEF SAUCE BALSAMIC GLAZE SCALLIONS FOR GARNISH	<u>TACO SALAD</u> CHOPPED ROMAINE (VG, NG) GROUND BEEF (NG) CORN, BLACK BEAN & MANGO SALSA (VG, NG) PICO DE GALLO (VG, NG) CHEDDAR CHEESE (V, NG) SOUR CREAM (V, NG) PICKLED RADISHES (VG, NG) JALAPENOS (VG, NG) CHIPOTLE CITRUS AIOLI (VG, NG) TORTILLA CHIPS (V)

SELF SERVE
CHEF'S CHOICE SALAD BAR SELECTION OF FRESH GREENS, SALAD TOPPINGS & DRESSINGS

LEAN & CLEAN
GRILLED CHICKEN (NG) BROWN RICE (VG, NG) VEGETABLE OF THE DAY (VG, NG)

DINNER SPECIAL (5-9PM)
<u>END OF RAMADAN DINNER</u> MOROCCAN CHICKEN (NG) QUINOA STUFFED ZUCCHINI (VG, NG) CARROT SALAD (VG, NG) COUSCOUS TFAYA (VG, NG) BABA GHANOUSH (VG, NG) ALMOND BAKLAVA ((V)

SANDWICH
<u>TUNA WRAPS</u> TUNA SALAD WITH CELERY & LETTUCE IN A WRAP



BRUNCH

10:30PM-2:30PM

4.12 FRIDAY

HOT LINE

CARAMEL BANANA NUT PANCAKE (V)
SPICY CHORIZO
PLANT BASED CHORIZO (VG, NG)
HUEVOS RANCHERO (V, NG)
MINI TORTILLAS (VG)
SHREDDED CHICKEN (NG)
REFRIED BEANS (VG, NG)
FRESH AVOCADO (VG, NG)
SEASONED HOME FRIES (VG, NG)

EGGS & OMLETES

CHOICE OF:
HAM FETA CHEESE PEPPERS
BACON CHEDDAR CHEESE ONIONS
CHICKEN SAUSAGE VEGAN CHEESE BROCCOLI
PLANT BASED CHORIZO MUSHROOMS
SPINACH
TOMATOES
EGG SUBSTITUTE ALSO AVAILABLE

SELF SERVE

STEEL CUT OATMEAL
WITH DRIED FRUITS
BROWN SUGAR, NUTS & SEEDS
TOAST BAR
ASSORTED BREADS & PASTRIES
BUTTER, CREAM CHEESE, JAMS & SPREADS

ALL DAY BREAKFAST BAR

MAKE YOUR OWN WAFFLES
CEREAL & MILK
JUICE
WHOLE FRESH FRUIT

DINNER

5PM-9PM

PIZZA

CHEESE
DAILY SPECIAL

GRILL

HAMBURGER
CHEESEBURGER
TURKEY BURGER
GRILLED CHICKEN
VEGGIE BURGER
GRILLED CHEESE

COOKED TO ORDER

DAIRY FREE RISOTTO BOWL
CHOOSE: BRAISED SHORT RIBS, GARLIC
SHRIMP, TOFU OR PLANT BASED CHICK'N
MUSHROOM BLEND, PEAS, PROSCIUTTO,
ARUGULA, ROASTED RED PEPPER
RED WINE BEEF SAUCE
BALSAMIC GLAZE
SCALLIONS FOR GARNISH

SELF SERVE

SOUP OF THE DAY:
CHEF'S CHOICE
SALAD BAR
SELECTION OF FRESH GREENS, SALAD
TOPPINGS & DRESSINGS

SANDWICH

TUNA WRAPS
TUNA SALAD WITH CELERY & LETTUCE
IN A WRAP

DINNER SPECIAL

SEAFOOD BOIL
LOCAL SEAFOOD BOIL
WITH GARLIC BUTTER SAUCE (NG)
COUNTRY BOIL
WITH CAJUN LEMON SAUCE (VG, NG)
COLE SLAW (V, NG)
GARLIC GREEN BEANS (VG, NG)
BUTTERMILK CHIVE HUSH PUPPIES (V)

LEAN & CLEAN

GRILLED CHICKEN (NG)
BROWN RICE (VG, NG)
VEGETABLE OF THE DAY (VG, NG)



BRUNCH

10:30PM-2:30PM

4.13

SATURDAY

HOT LINE	EGGS & OMLETES	SELF SERVE
<div><u>RAMEN BAR & SUSHI</u> FRIED EGGS (V, NG) RAMEN NOODLES (V) VEGETABLE BROTH (V, NG) CHICKEN BROTH (NG) SHREDDED CARROTS & CABBAGE (VG, NG) SCALLIONS (VG, NG) PLANT BASED KIMCHI (VG, NG)</div>	<div>CHOICE OF: <div><div>HAM BACON CHICKEN SAUSAGE PLANT BASED CHORIZO</div><div>FETA CHEESE CHEDDAR CHEESE VEGAN CHEESE</div><div>PEPPERS ONIONS BROCCOLI MUSHROOMS SPINACH TOMATOES</div></div><div>EGG SUBSTITUTE ALSO AVAILABLE</div></div>	<div>STEEL CUT OATMEAL WITH DRIED FRUITS BROWN SUGAR, NUTS & SEEDS TOAST BAR ASSORTED BREADS & PASTRIES BUTTER, CREAM CHEESE, JAMS & SPREADS</div>

ALL DAY BREAKFAST BAR
<div>MAKE YOUR OWN WAFFLES CEREAL & MILK JUICE WHOLE FRESH FRUIT</div>

DINNER

5PM-9PM

PIZZA	GRILL	COOKED TO ORDER	SELF SERVE
<div>CHEESE DAILY SPECIAL</div>	<div>HAMBURGER CHEESEBURGER TURKEY BURGER GRILLED CHICKEN VEGGIE BURGER GRILLED CHEESE</div>	<div><u>DAIRY FREE RISOTTO BOWL</u> CHOOSE: BRAISED SHORT RIBS, GARLIC SHRIMP, TOFU OR PLANT BASED CHICK'N MUSHROOM BLEND, PEAS, PROSCIUTTO, ARUGULA, ROASTED RED PEPPER RED WINE BEEF SAUCE BALSAMIC GLAZE SCALLIONS FOR GARNISH</div>	<div>SOUP OF THE DAY: CHEF'S CHOICE SALAD BAR SELECTION OF FRESH GREENS, SALAD TOPPINGS & DRESSINGS</div>
SANDWICH	LEAN & CLEAN		DINNER SPECIAL
<div><u>TUNA WRAPS</u> TUNA SALAD WITH CELERY & LETTUCE IN A WRAP</div>	<div>GRILLED CHICKEN (NG) BROWN RICE (VG, NG) VEGETABLE OF THE DAY (VG, NG)</div>		<div><u>STEAK TIPS</u> HONEY BOURBON STEAK TIPS (NG) BOURBON PLANT BASED CHICK'N (VG) SAUTÉED MUSHROOMS (VG, NG) KALE SALAD WITH GOAT CHEESE (V, NG) GARLIC MASHED POTATOES (VG, NG) HERB OLIVE OIL FOCACCIA (V)</div>