



THE ART *of* DELICIOUS

DINNER

Late Winter

ENTREES

Rosemary Ribeye Steak \$18

Ribeye steaks marinated in rosemary, Worcestershire sauce, and balsamic vinegar. Cooked to order on the grill and served with choice of brown rice, pilaf, baked or mashed potato and seasonal vegetable medley or daily vegetable special

Red Wine Braised Ribs \$12/16

St. Louis style pork ribs cooked slow in red wine and vegetables. Served with choice of brown rice, pilaf, baked or mashed potato and seasonal vegetable medley or daily vegetable special

Sage Pork Loin \$10.50/14

Slow roasted pork loin with butter and fresh sage. Served with choice of brown rice, pilaf, baked or mashed potato and seasonal vegetable medley or daily vegetable special

Shrimp and Grits \$11.25/15

Grilled shrimp skewer over cheesy grits. Served with seasonal vegetable medley or daily vegetable special

Chicken Adobo \$11.25/15

Bone in thighs marinated and baked in a vinegar, garlic and soy based sauce. Served over jasmine rice with seasonal vegetable medley or daily vegetable special

Stuffed Sole Florentine \$11.25/15

Spinach and mushrooms inside thin sole fillets. Topped with a lemon cream sauce. Served with choice of brown rice, pilaf, baked or mashed potato and seasonal vegetable medley or daily vegetable special

Chicken Portofino 11.25/15

Boneless breast sautéed with sundried tomatoes, mushrooms, prosciutto, and white wine. Served with choice of penne pasta, rice, mashed or baked potato and seasonal vegetable medley or vegetable special

Penne Pasta Primavera (V, GF Available) \$9/12

Seasonal vegetables tossed in a parmesan and garlic cream sauce with penne pasta. Add chicken for \$3

Seafood Pasta \$11.25/15

Sauteed salmon, prawns, and white fish in a lemon cream sauce over fettucine pasta.

Cashew Chicken \$10.50/14

Stir fried chicken and vegetables in an Asian stir fry sauce with jasmine or brown rice

Daily Specials

Ask your server about today's entrée specials. V/GF/DF/LS options often available



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SALADS

Caesar Salad \$6/8

Chopped romaine tossed with a creamy Caesar dressing, parmesan cheese and croutons

Add: chicken \$3/4 shrimp \$3/4

Springs Salad \$6/8

Local greens, candied walnuts, raisins and blue cheese tossed in a huckleberry vinaigrette dressing

Add: chicken \$3/4 shrimp \$3/4

BLTA Salad \$6.75/9

Mixed greens with bacon bits, avocado and diced tomatoes. Choice of dressing.

Add: chicken \$3/4 shrimp \$3/4

Vegetable Salad (DF, GF, V) \$5.25/7

Mixed greens tossed with carrots, cucumbers, tomatoes, and bell peppers in balsamic dressing

Add: chicken \$3/4 shrimp \$3/4

Beef or Chicken Taco Salad \$9/12

Seasoned ground beef or chicken with shredded cheddar cheese, Pico de Gallo salsa, sour cream, and guacamole over mixed greens in a toasted tortilla bowl. Choice of dressing.

Daily Salad Specials

Ask your server about today's salad specials

CLEAN EATS

Roasted Chicken (GF) (DF) (Available LS) \$9.75/13

Lightly seasoned and rotisserie baked chicken thighs. Served with choice of brown rice, pilaf, baked or mashed potato and seasonal vegetable medley or daily vegetable special

Southwest Beans and Rice Bowl (GF, V) \$6.50/8

Fresh sautéed vegetables, black beans, pico de gallo salsa, and cheddar cheese over brown rice

Add: chicken \$3/4 shrimp \$3/4 tofu \$3/4

Sockeye Salmon Fillet (DF, GF, Available LS) \$12/16

Char broiled and topped with low salt seasoning or herb butter. Served with choice of brown rice, pilaf, baked or mashed potato and seasonal vegetable medley or daily vegetable special

GF: Gluten Free | DF: Dairy Free | LS: Low Sodium | V: Vegan

from the kitchen of The Springs Living