

RESIDENT ALWAYS AVAILABLE MENU



Published March 2023

Open 7:30am to 7:00pm

Message from your Dietary Team: Always available menu items can be ordered in lieu of our daily specials. To order, please write your menu choice on your dining ticket. ****Please inquire about our separate vegetarian/gluten free menu.****

BREAKFAST 7:30am – 11:30am

Egg Any Style (Kcal. 75 | Sodium 0mg | Carbs 1g)

Egg Scramble (Kcal. 230 | Sodium 300mg | Carbs 6g)
with choice of; onions, peppers, tomato, spinach and cheese

✓ **Pancakes, French Toast or Waffles (two pancakes)** (Kcal. 470 | Sodium 10mg | Carbs 94g)
served with maple syrup and butter

✓ **Yogurt and Fresh Fruit** (Kcal. 130 | Sodium 100mg | Carbs 19g)
plain, Greek or assorted flavors

✓ **Cottage Cheese and Fruit** (Kcal. 110 | Sodium 380mg | Carbs 5g)

Hot or Cold Cereal of Choice

SIDES

Fruit Cup Berries Yogurt Side Protein Hash-browns Side toast Danish Cottage Cheese

LUNCH AND DINNER 11:30am – 7:00pm

SOUP DU JOUR

Cup Bowl House Bread

Baby Romaine Caesar Salad (Kcal. 240 | Sodium 185mg | Carbs 18g)
Romaine lettuce, bacon, croutons, parmesan crisp, cherry tomatoes, and Caesar dressing.

✓ **Syren's Grille Salad** (Kcal. 220 | Sodium 125 mg | Carbs 39g)
Mixed greens, apples, strawberries, cranberries, feta cheese, candied walnuts and champagne vinaigrette.

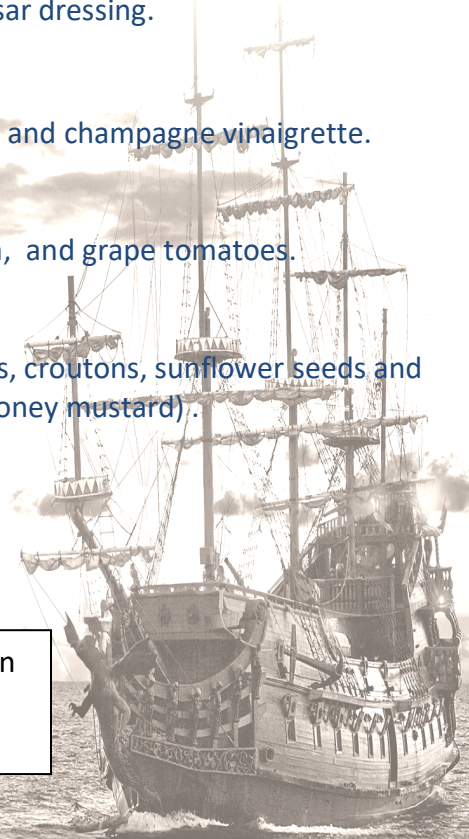
✓ **Chopped Wedge Salad** (Kcal. 220 | Sodium 580mg | Carbs 11g)
Iceberg lettuce, blue cheese dressing, bacon, blue cheese crumbles, red onion, and grape tomatoes.

✓ **Garden Salad** (Kcal. 190 | Sodium 240mg | Carbs 14g)
Mixed greens, cherry tomatoes, red onion, carrots, cucumber, garbanzo beans, croutons, sunflower seeds and choice of dressing (1000 island, ranch, bleu cheese, champagne vinaigrette, honey mustard).

Salad Add Ons

Chicken Shrimp Salmon

✓ -Denotes a dish that is vegetarian or can be made vegetarian. Please inquire about our separate vegetarian/gluten-free menu.



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LUNCH AND DINNER (Continued) 11:30am – 7:00pm (All items served with choice of one side)

(nutritional values are based off of the main dish and do not factor in additional sides or modifications)

- ✓ **Syren's Burger** (Kcal. 1120 | Sodium 1760 mg | Carbs 84g)
A beef patty (or substitute a veggie, Impossible or chicken breast), white cheddar, iceberg lettuce, tomato, onion, and roasted tomato balsamic aioli on a brioche bun.
- ✓ **BYO Sandwich** (nutritional depend on selections made)
A choice of BLT, black forest ham, tuna, turkey breast, egg salad, or grilled cheese on choice of bread; served with a choice of soup, salad or side (bread: sourdough, wheat, white, gluten free and rye).
- ✓ **Veggie Wrap** (Kcal. 705 | Sodium: 1100mg | Carbs 53g)
Wheat tortilla wrap topped with hummus and stuffed with a black bean patty, brown rice, sautéed bell peppers, onions, carrots, cucumber, spinach, avocado, feta or vegan cheese.
- Grilled Steak** (Kcal.160 | sodium 50mg | Carbs 0g)
Grilled sirloin seasoned with Mrs. Dash and served with mashed potatoes and choice of one side.
- Alaskan Cod Fish and Chips** (Kcal. 190 | Sodium 240mg | Carbs 14g)
Beer infused tempura battered cod, fried and served with fries, coleslaw, and house made gherkin remoulade.
- Roast Chicken** Full (Kcal. 400 | sodium 258mg | Carbs 8g)
Chicken breast seasoned with Mrs. Dash and oven roasted, served with mashed potatoes and mixed vegetables.
- King Salmon** (Kcal. 400 | Sodium 500mg | Carbs 2g)
pan-seared and finished with a lemon.
- Shrimp Scampi Pasta** (Kcal. 651 | Sodium 861mg | Carbs 90g)
Shrimp sautéed in a white-wine butter sauce with lemon and shallots; served over spaghetti.
- ✓ **Cauliflower Crust Pizza** (Kcal. 408 | Sodium 287mg | Carbs 6g)
Delicious crust topped with marinara sauce, blend of Italian cheeses and choice of pepperoni or vegetables; served with choice of one side.
- Shepherd's Pie** (Kcal: 375 | Sodium mg 489 | Carbs 40g)
Traditional English dish with ground lamb and beef, peas, carrot, corn, onion, stewed and topped with whipped Yukon potato and choice of side.

SNACKS/ SWEETS

Jello	Cottage Cheese Pudding	
Ice Cream	Assorted Cookie	
Fresh Fruit	Mighty Shakes	Yogurt
Assorted Cookie	Veggies and Ranch	Cheese and Crackers

SIDES

Broccoli	Fruit	Carrots	Mashed Potatoes
Rice	Soup	Baked Potato	Sweet Potato Fries
Fries	Peas	Side Salad	