

GS Denotes a dish that is made without gluten or can be made gluten friendly

V Denotes a dish that is vegetarian or can be made vegetarian

SMALL PLATES

- GS** **Shrimp Cocktail** (Kcal.140 | Sodium 1030 mg | Carbs 25g) 5.5 | 8.5
Argentinian red shrimp served with cabbage and cocktail sauce.
- Chicken Wings (8)** (Kcal.140 | Sodium 1030 mg | Carbs 25g) 5.5 | 8.5
Choice of buffalo, BBQ, salt & pepper, salt and vinegar; served with carrots and celery and ranch.
- GS** **Salmon Bites** (Kcal.273 | Sodium 395 mg | Carbs 29g) 10 | 13
Tender pieces of salmon seasoned with lime salt and brown sugar and sautéed. Make it a bowl; half the protein and served with rice and broccoli.
- GS** **Steak Bites** (Kcal.273 | Sodium 395 mg | Carbs 29g) 8.5 | 11.5
Steak pieces grilled and served with a sweet and spicy dipping sauce (make it a bowl; half the protein and served with rice and broccoli).

SOUP DU JOUR

Cup 1.75 | 3.75 Bowl 3 | 6

SALADS *(Nutritional information based on small salad. Proudly use organic greens)*

- GS** **Baby Romaine Caesar Salad*** (Kcal. 223 | Sodium 172mg | Carbs 7g) Small 2 | 5
Large 4 | 7
Romaine lettuce, bacon, croutons, parmesan crisp, cherry tomatoes with Caesar dressing
- GS** **V Syren's Grille Salad** (Kcal. 393 | Sodium 137mg | Carbs 33g) Small 3 | 6
Large 5 | 8
Mixed greens, apples, strawberries, cranberries, feta, candied walnuts, and champagne vinaigrette.
- GS** **V Garden Salad** (Kcal. 188 | Sodium 564 mg | Carbs 7g) Small 2.5 | 5.5
Large 5 | 7.5
Mixed greens, tomato, carrot, onion, chickpeas, sunflower seeds, croutons and choice of dressing (ranch, Caesar, thousand island, honey mustard, champagne vinaigrette, bleu cheese).
- GS** **V Greek Salad** (Kcal. 137 | Sodium 466mg | Carbs 16g) Small 2.5 | 4.5
Large 4.5 | 6.5
Romaine lettuce, tomatoes, Kalamata olives, cucumbers, red onion, bell peppers, chickpeas, feta or vegan cheese, and served with a lemon-herb dressing.
- GS** **V Soup Salad Combo** 4.5 | 7.5
Cup of soup du jour and choice of salad above.

ADD-ONS

Chicken 2 | 5 Shrimp 4 | 7 Salmon 9 | 12 Tofu 2 | 5 Avocado .75 | 1.5 Cod 2 | 4

GS **V SANDWICHES** *Most sandwiches can be made vegetarian and/or with gluten free bread/bun or lettuce wrap. All sandwiches come with choice of soup, salad or side. Add bacon +1. Add avocado +.75*

Syren's Famous Burger* (Kcal. 1070 | Sodium 1559 mg | Carbs 84g) 7 | 10
Beef patty, cheddar cheese, lettuce, tomato, onion, and roasted tomato-balsamic aioli on a brioche bun (chicken breast, turkey, black bean patty, Dr. Praeger's, Impossible burger and portabella mushroom cap available).

Reuben Sandwich (Kcal: 876 Sodium: 2335mg Carbs: 41g) 7 | 10
Corned beef served on toasted rye bread (or gluten free) with thousand island dressing and sauerkraut; served with choice of chips or fruit.

Pulled Pork Sandwich (Kcal: 732 Sodium: 1239mg Carbs: 59g) 7 | 10
Tender pork slow cooked with BBQ sauce, onion, mesquite seasoning on a brioche bun (or gluten free bun) and topped with BBQ sauce and coleslaw; served with chips or fruit.

Build Your Own Sandwich (nutritional based on selection) 5.5 | 8.5
Bread: white, wheat, sourdough or rye
Condiments: tomato balsamic aioli, mustard, mayonnaise
Meat: turkey breast, black forest ham, bacon, egg salad, tuna salad
Cheese: cheddar and Swiss
Fixings: lettuce, tomato, sliced onion, pickle
Half Sandwich 4 | 7



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PASTA all pastas can be made with gluten free pasta and/or vegetarian and all pasta dishes served with garlic bread and choice of one side or salad (nutritional vary based on choices).

Build Your Own Pasta

Half Order 4 | 7 Full 7 | 10

Choice of one sauce: pesto, marinara, red meat sauce (\$2 | \$5), alfredo, white-wine butter, carbonara, OR scampi

Choice of one noodle: spaghetti, penne, whole-wheat or gluten-free pasta.

Manicotti

6 | 9

Two manicotti shells stuffed with cheese and topped with choice of sauce.

Mac-n-Cheese (Full: Kcal. 565 | sodium 509mg | Carbs 58g)

Half Order 4 | 7 Full 7 | 10

Macaroni noodles tossed in a creamy cheddar cheese sauce (not gluten sensitive).

ADD-ONS

Chicken 2 | 5 Shrimp 4 | 7 Salmon 9 | 12 Tofu 2 | 5 Chicken Parmesan 3 | 6 Cod 2 | 4

ENTRÉE



Pork Loin (Kcal. 519 | sodium 875mg | Carbs 37g)

7 | 10

Grilled pork loin, topped with a coconut-lime green curry sauce; served with fried Brussel sprouts and green beans.



Filet Mignon* (Kcal. 475 | sodium 260mg | Carbs 0g)

Market Price

Six ounce filet mignon cooked to order and seasoned with salt and pepper, topped with a seasonal compound butter; served with a root vegetable gratin and choice of vegetable.



Sirloin* (Kcal. 475 | sodium 260mg | Carbs 0g)

7 | 10

Six ounce steak seasoned with salt and pepper and cooked to order; served with root vegetable gratin and choice of vegetable.



King Salmon* (Kcal. 410 | sodium 88mg | Carbs 2g)

Market Price

Salmon pan-seared to order and finished with lemon; served with choice of starch and vegetable.



Clams and Mussels (Kcal: 375 | Sodium mg 489 | Carbs 40g)

8 | 11

Sautéed clams and mussels with garlic, shallots, white wine, and butter; served over linguine and with a choice of salad.

Fish and Chips (Three piece: Kcal. 750 | sodium 1600mg | Carbs 70g) *Substitute both sides for a small salad* Two piece 5 | 8

House-made beer-battered cod; served with fries, coleslaw, and tartar sauce.

Three piece 7 | 10

Honey Walnut Shrimp (Kcal. 579 | sodium 773mg. | carbs 18mg)

Half Order 6 | 9 Full 9 | 12

Breaded corkscrew shrimp, fried and tossed in a honey-walnut sauce (mayo, honey, orange juice); served with jasmine rice and choice of one side.



Cheese pizza or Build Your Own Pizza (Kcal. 954 | sodium 850mg. | carbs 28mg)

6+ | 9+

Cauliflower or Vegan (not gluten free) pizza crust with marinara and Italian cheese; choose up to three toppings, \$.50 each. Topping choices: salami, ham, pepperoni, bacon, bell pepper, spinach, olives, chickpeas, onion, mushrooms, tomatoes, squash; choice of one side or salad.



Roast Chicken or Steamed Cod (Kcal. 297 | sodium 550mg. | carbs 11mg)

5 | 8

Mrs. Dash seasoned roasted chicken breast or steamed cod, and served with a choice of two vegetables (salads excluded).

Dishes denoted with the apple can be made heart healthy (steamed OR roasted, seasoned with Mrs. Dash and choice of two vegetables (salads excluded)).

SIDES 1.5 | 2.5

cup of soup

seasonal vegetable

sautéed seasonal squash

garden mixed vegetables

steamed broccoli

steamed carrots

steamed corn

quinoa

steamed spinach

steamed peas

coleslaw

sautéed mushrooms

steamed green beans

fruit cup

potato chips

mashed yukon gold potato

sweet potato fries

fries

baked sweet potato

baked potato

jasmine rice

cauliflower rice

*Asterisk * denotes items that can be cooked to your specification. Consuming raw or undercooked meats, seafood, shellfish or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.*