



EAT. DRINK. ENJOY.

APPETIZERS

- CRUDITÉ

GFF

V

160 Cals, 7g Carbs, 1g Prot, 14g Fat, 342mg Sodium

Carrot | Celery | Radish | Ranch.....2/3
- DEEP-FRIED PICKLES

GFF

V

399 Cals, 28g Carbs, 4g Prot, 32g Fat, 1562mg Sodium

Breaded Pickle Slices | Ranch.....4/5
- SHRIMP COCKTAIL*

GFF

126 Cals, 12g Carbs, 16g Prot, 1.5g Fat, 394mg Sodium

White Shrimp | Cocktail Sauce
Lemon Wedge.....5/6



ENTREES

All entrees include a choice of two sides.

- GRILLED BEEF TENDERLOIN*

GFF

286 Cals, 2g Carbs, 23g Prot, 20g Fat, 449mg Sodium

4oz Beef Tenderloin | Horseradish Cream
Chive24/27
- PORK SCHNITZEL*

GFF

459 Cals, 28g Carbs, 35g Prot, 24g Fat, 518mg Sodium

5oz Breaded Pork Loin | Lemon
Cucumber | Red Onion | Dill.....11/14
- ROAST BEEF*

GFF

334 Cals, 14g Carbs, 19g Prot, 22g Fat, 1213mg Sodium

5oz Slow-Cooked Roast Beef
Beef Gravy11/14
- SEARED TILAPIA*

GFF

482 Cals, 25g Carbs, 54g Prot, 22g Fat, 1852mg Sodium

6oz Tilapia | Capers | Hard Boiled Egg
Pickle | Parsley | Olive Oil.....10/13
- SEARED SALMON*

GFF

362 Cals, 29g Carbs, 26g Prot, 15g Fat, 861mg Sodium

4oz Salmon Fillet | Honey Soy
Ginger | Scallion13/16



CHEF’S FEATURE

Ask your server for today’s selection Market



- LOBSTER & SCALLOP RAVIOLI*

GFF

625 Cals, 50g Carbs, 19g Prot, 39g Fat, 578mg Sodium

Lobster | Scallop | Shrimp | Chive
Potato & Roasted Corn Cream
Crispy Potato.....12/15
- RAINBOW CHICKEN*

GFF

312 Cals, 15g Carbs, 26g Prot, 17g Fat, 253mg Sodium

4oz Seared Chicken Breast | Carrot
Red Onion | Red Bell Pepper
Cherry Tomato | Yellow Squash
Balsamic Vinegar.....10/13
- CHICKEN TENDER BASKET*

GFF

247 Cals, 14g Carbs, 39g Prot, 6g Fat, 985mg Sodium

Three Piece Chicken Tender
BBQ or Ranch.....8/11
- SHRIMP BASKET*

GFF

415 Cals, 91g Carbs, 12g Prot, 1.5g Fat, 2212mg Sodium

Tartar Sauce | Cocktail Sauce
Lemon.....10/13

- SIDES

(All sides 2.50)

Mashed Potatoes & Gravy

Baked Potato

French Fries

Onion Rings

Sweet Potato Fries

Hashbrowns

Cottage Cheese

Fruit

Steamed Carrots

Steamed Broccoli

Steamed Green Beans

Baked Beans

Coleslaw

Potato Salad

Rice Pilaf

Garlic Bread

Side Salad

Feature Soup (add 1)

First price = Resident cost / Second price = Guest cost

V Vegetarian

GFF Gluten-Free Friendly

Thrive Healthier Choice

*Consuming raw or undercooked animal products, such as meat or eggs, may increase your risk of foodborne illness, especially if you have certain medical conditions.

HANDHELDS

All handheld selections are served with a choice of one side.
Select handhelds can be gluten-free.

CLASSIC CHEESEBURGER*
634 Cals, 27g Carbs, 36g Prot, 41g Fat, 1361mg Sodium
5oz All-Beef Patty | American Cheese | Lettuce | Tomato
Onion | Pickle | Toasted Bun8/11

FRIED CHICKEN SANDWICH*
732 Cals, 75g Carbs, 37g Prot, 26g Fat, 1383mg Sodium
Breaded 4oz Chicken Breast | Mayonnaise | Lettuce
Tomato | Onion | Toasted Bun8/11

FISH SANDWICH*
564 Cals, 62g Carbs, 22g Prot, 19g Fat, 1347mg Sodium
5oz Battered Cod | American Cheese | Tartar Sauce
Lettuce | Toasted Bun9/12

FRIED PORTOBELLO SANDWICH
498 Cals, 75g Carbs, 14g Prot, 11g Fat, 1635mg Sodium
Breaded Portobello Mushroom
Swiss Cheese | Red Pepper Relish
Toasted Bun 9/12



PICK TWO

HALF SANDWICH 7/9
WHOLE SANDWICH9/11
Accompanied with a cup of soup or side salad.

Choice of Protein: Ham | Turkey | Chicken Salad* | BLT*
Choice of Cheese: American | Cheddar | Swiss
Choice of Bread: White | Wheat | Marble Rye



BREAKFAST FOR DINNER



Includes the choice of one side.
CHEESE BLINTZ
313 Cals, 53g Carbs, 7g Prot, 8g Fat, 156mg Sodium
Crepe | Farmer's Cheese | Mixed Berry Compote
Strawberry 9/12


IMMANUEL BREAKFAST*
439 Cals, 31g Carbs, 18g Prot, 26g Fat, 1042mg Sodium
Two Eggs Any Style | Two Pieces of Bacon or Sausage
Buttermilk Biscuit.....7/10

SALADS



Add Grilled Chicken 4/6, Salmon* 7/9, Crispy Chicken* 5/7, Shrimp* 7/9*

Dressing Selection: Buttermilk Ranch, Blue Cheese, Dorothy Lynch, Italian, Oil & Vinegar, Poppy Seed

GARDEN SALAD  **V**
130 Cals, 24g Carbs, 5g Prot, 2g Fat, 258mg Sodium
Mixed Greens | Cucumber | Radish
Tomato | Carrot | Red Onion
Crouton | Choice of Dressing.....7/10

CHOPPED SALAD
285 Cals, 14g Carbs, 12g Prot, 19g Fat, 370mg Sodium
Mixed Greens | Bacon | Tomato
Avocado | Cucumber | Hard Boiled Egg
Crouton | Choice of Dressing.....10/13

CAESAR SALAD
567 Cals, 56g Carbs, 18g Prot, 40g Fat, 1306mg Sodium
Romaine Hearts | Croissant Crouton
Parmesan | Caesar Dressing8/11


CHEF'S SOUP OF THE DAY
Prepared with only the freshest ingredients.
Be sure to ask your server for today's selection.
Cup 3.50/4.50
Bowl4.50/5.50

 *Broth-based soup is the healthier choice.*

DRINKS

SOFT DRINKS
Coca-Cola Products.....2
Lemonade2
Fruit Juice2
Small Fruit Juice1
Milk.....2
Small Milk1

COMPLIMENTARY
Iced Tea, Hot Tea, Coffee

THRIVE HEALTHIER CHOICE OPTIONS 
We understand residents and guests have varying food preferences. With that in mind, we can modify menu selections to make your menu choices better fit your individual needs.
• The THRIVE symbol indicates:
- Entree: <750 kcals, <8g saturated fat, and <700mg sodium
- Appetizers & Sides: <250 kcals, <3g saturated fat, and <600mg sodium
• Smaller portions for select menu items are available.

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V Vegetarian

 **Gluten-Free Friendly**

 **Thrive Healthier Choice**

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