

*“One cannot think well, love well,  
sleep well, if one has not dined well.”*

– Virginia Woolf

Food is tradition. Sharing food with friends and loved ones and eating well is so immensely important. At the core of all this is the fact that good, wholesome food is essential to a good, healthy life.

Our culinary philosophy is rooted in these guiding principles, combining fresh, local ingredients with a passion for great food and service.

We graciously invite you to dine with us.



# BREAKFAST

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*Breakfast choices are available throughout the day.*

 *Cholesterol-free eggs may be substituted.*

## Selection of Assorted Cereals & Oatmeal

### Eggs Your Way\*

Two eggs cooked your way, served with home fries and choice of toast.

### Fruit and Yogurt Parfait

Greek yogurt, fresh berries and granola, finished with local honey.

### Pancakes or French Toast

Served with your choice of fruit toppings and real maple syrup.

### Cottage Cheese and Fruit Plate

Assorted fruit and low-fat cottage cheese.

### Breakfast Sandwich

Toasted English muffin with a fried egg, sausage and cheddar cheese.

### Monte Cristo

Egg-battered country white bread with Boar's Head ham, Swiss cheese and fruit preserves, drizzled with real maple syrup.

### Omelet Bar\*

Made to order with three eggs and your choice of fillings and cheeses:

Bacon | Sausage | Ham | Onions | Peppers | Tomatoes

Mushrooms | Spinach | Cheese (Cheddar, American, Swiss, Goat)

## Breakfast Sides

Home Fries | Bacon | Sausage |  Fresh Fruit

Fresh-Baked Muffin of the Day | Pastry of the Day | Bagel with Cream Cheese

 English Muffin |  Toast (White, Whole Wheat, Cinnamon Raisin, Rye)



# SANDWICHES

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*Sandwiches are served with a pickle and your choice of side.*

## The Club Sandwich

Turkey, ham, bacon, lettuce, tomato and Swiss cheese, on your choice of toasted bread.

## Margherita Grilled Chicken Sandwich

Marinated grilled chicken, fresh mozzarella, heirloom tomatoes, prosciutto, and pesto mayonnaise, on toasted focaccia.

## LCB Deli Board

*Build your own sandwich. Served on your choice of bread, roll or in a flour tortilla wrap.*

♥ Low-Sodium Turkey | Ham | Roast Beef | Prosciutto

Chicken Salad | Tuna Salad | Egg Salad

Lettuce | Tomato | Bacon | Cheese (Cheddar, American, Swiss)

## Build Your Own Burger\*

*We use a fresh beef steakburger. All burgers are cooked to order and served on a toasted bun with lettuce, tomato and your choice of toppings and cheese.*

Caramelized Onions | Red Onions | Pickles | Mushrooms | Bacon | Fried Egg  
Cheddar | American | Swiss | Blue

## Sides

Potato Chips | ♥ House Salad | ♥ Fresh Fruit

French Fries | Sweet Potato Fries | Cole Slaw



We proudly serve Boar's Head deli meats. Trusted since 1905, Boar's Head is dedicated to building a legacy of higher standards in delicatessen quality, selection and taste.



# APPETIZERS

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## Shrimp Cocktail

Poached jumbo shrimp, served chilled with a tangy horseradish cocktail sauce and lemon wedge.

## House Fried Potato Chips

Tossed in our housemade seasoning blend.

## Hummus Platter

Traditional hummus served with grilled flatbread, mixed olives and garlic-infused oil.

## Fresh Mozzarella & Heirloom Tomato Caprese

Served with grilled artisan bread, balsamic glaze, garlic confit and fresh basil.

# SOUPS & SALADS

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 *Add to any salad: grilled chicken breast, poached or grilled shrimp, grilled salmon.*

## Soup Du Jour

### Housemade Chicken Soup

## House Salad

Mixed greens, tomatoes, cucumbers, carrots, red onions and croutons, served with your choice of dressing.

## Caesar Salad\*

Hearts of Romaine, Parmesan cheese, croutons and traditional Caesar dressing, topped with white anchovies.

## Beet & Goat Cheese Salad

Mixed greens, roasted beets, candied pecans, shaved red onion, and crumbled goat cheese, with a honey citrus vinaigrette.

## Steakhouse Chopped Salad

Chopped romaine and iceberg with chopped tomatoes, cucumbers, blue cheese, bacon, hard-cooked egg and croutons. Served with your choice of dressing.



# CHEF'S SEASONAL SPECIALTIES

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## Shrimp Scampi

Angel hair pasta with jumbo shrimp, sautéed in garlic butter and white wine sauce, finished with tomatoes and fresh basil.

## Fresh Ricotta Cavatelli Pasta Primavera

Ricotta cavatelli pasta tossed with zucchini, yellow squash, red bell pepper, heirloom tomato, pesto and garlic-infused oil. Served with grated Parmesan.

## Teriyaki Chicken and Vegetable Stir-Fry

Asian-inspired vegetable stir-fry, served over brown rice.

## Pan Seared Atlantic Cod

Served with roasted tri-color fingerling potatoes, wilted spinach and a tzatziki tartar sauce.

## Butcher's Choice

A rotating chef-inspired steakhouse selection.

## FROM THE GRILL\*

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*Grilled selections are made to order and may require additional time.*

### Filet Mignon

### Marinated Chicken Breast

### Salmon Fillet

### Gulf Shrimp

### Choose a Sauce:

Shiitake Mushroom Demi-Glace | Garlic Herb Butter | Teriyaki Sauce

### Choose Two Sides:

 Seasonal Vegetables |  Asparagus |  Cauliflower |  Sweet Potato

 Baked Potato | Mashed Potato |  Brown Rice

Tri-color Fingerling Potatoes | Sweet Potato Fries | French Fries



# DESSERTS

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## Flourless Chocolate Cake

With raspberry coulis and fresh berries.

## New York Style Cheesecake

With cherry pie topping and whipped cream.

## Lemon Pound Cake

Served with fresh berries and whipped cream.

## Katie's Hot Fudge Sundae

Served with a choice of ice cream, topped with Katie's homemade hot fudge, whipped cream, and a cherry.

**Assorted Cookies, Pies and a Selection of Premium Ice Creams**

# GRANDKIDS' CORNER

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*All entrées are served with a choice of side.*

## Crispy Chicken Tenders

Served with honey mustard dipping sauce.

## Macaroni and Cheese

## Grilled Cheese

## Grilled Hot Dog

**Angel Hair Pasta with Marinara or Meat Sauce**

### Sides

French Fries | Sweet Potato Fries | Fresh Fruit  
Rice Pilaf | Seasonal Vegetables



## OUR PARTNERS

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In addition to sourcing from local farmers and providers, we've partnered with select national vendors whose values align with our commitment to offer an extensive variety of from-scratch, chef-prepared meals, made with the freshest all-natural ingredients.

Boar's  Head



*Sid Wainer & Son*  
SPECIALTY PRODUCE • SPECIALTY FOODS



*Coca-Cola*



## FOLLOW US!

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Follow our culinary adventures on *Instagram*

[@thesterlingchefs](#)



A.S.H.I.E.L.D. menu item: heart and brain healthy.  
Also appropriate choices for reduced salt and low fat diets.

★ Thoroughly cooking meats, poultry, seafood, or eggs reduces the risk of foodborne illness.

Before placing your order, please inform your server if a person in your party has a food allergy. Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs, may increase your risk of foodborne illness, especially if you have certain medical conditions.

