

*“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

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.

Challah French Toast or Pancakes

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

🛡️ Cottage Cheese and Fruit Plate

Assorted fruit and low-fat cottage cheese.

Lox and Cream Cheese

Served on a toasted bagel with lettuce, tomato and red onion.

Cheese Blintz

Two cheese-filled crêpes with raspberry coulis, orange zest and powdered sugar.

🛡️ The S.H.I.E.L.D. Scramble

Egg white scramble with spinach, mushrooms, sun-dried tomatoes and goat cheese, served with a side of mint-infused fresh fruit.

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)



APPETIZERS

Shrimp Cocktail

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

House Baked Flatbreads

Fig and goat cheese with prosciutto, baby arugula and balsamic glaze.
Or

Grilled chicken, crispy Boars Head™ bacon, mozzarella cheese and savory ranch dressing.

Boneless Chicken Wings

Tossed in your choice of sauce: traditional buffalo, honey BBQ or honey mustard.
Served with celery and carrot sticks, and a choice of blue cheese or ranch dressing.

Chopped Chicken Liver Platter

Served on a bed of lettuce with red onion, hard-boiled egg and flatbread crackers.

Pumpkin Ravioli

Served with McCuin maple brown butter, fresh sage and Parmesan cheese.

SOUPS & SALADS

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

Soup Du Jour

House Made Matzo Ball Soup

Caesar Salad

Hearts of Romaine, Parmesan cheese, croutons and traditional Caesar dressing.

McCuin Harvest Salad

Fresh greens with roasted beets, crisp apples, toasted almonds, dried cranberries,
with a maple cider vinaigrette.

Chopped Italian Salad

Romaine lettuce with soppressata, salami, pepperoni, ham, provolone cheese,
cucumbers, tomatoes, cannellini beans, olives, and pepperoncini,
tossed in a house made Italian vinaigrette.



SANDWICHES

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

Turkey Rachel

Shaved Boars Head turkey, Swiss cheese, coleslaw,
Thousand Island dressing on griddled rye bread.

Mediterranean Vegetable Wrap

Grilled seasonal vegetables, fresh spinach, pickled red onion, feta cheese and sun-dried tomatoes, with red pepper pesto in a flour tortilla wrap.

Meatball Sub

Homemade meatballs, marinara sauce, mozzarella and provolone cheese,
on toasted sub roll,

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

Chicken Salad | Tuna Salad | Egg Salad

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

Build Your Own Burger

*All Burgers are made to order, served fully cooked on a toasted bun,
with lettuce, tomato, and your choice of topping.*

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 | Onion Rings

Boar's  **Head**

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.



CHEF'S SEASONAL SPECIALTIES

Shrimp Scampi

Jumbo shrimp, sautéed in garlic butter and white wine sauce, finished with tomatoes and fresh basil, served over pasta.

🛡️ Harvest Rice Bowl

Sweet potatoes, Brussels sprouts, toasted pumpkin seeds, apples, goat cheese and arugula, served over brown rice with a honey yogurt drizzle.

Braised Beef Brisket

Red wine, onion, and orange braised brisket, served with sweet potatoes, and Brussels sprouts.

🛡️ Sole Fillet

Broiled Sole topped with lemon herb gremolata.

Hearty Chicken Stew

Tender chicken stewed with pearl onions, mushrooms, peas, and celery, served with a buttermilk biscuit.

FROM THE GRILL

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

6oz Filet Mignon

🛡️ Marinated Chicken Breast

🛡️ 6oz Salmon Fillet

🛡️ Gulf Shrimp

Choose a Sauce:

Mushroom Demi-Glace | Garlic Herb Butter

Choose Two Sides:

🛡️ Seasonal Vegetables | 🛡️ Dill Carrots | 🛡️ Asparagus

🛡️ Sweet Potato | 🛡️ Baked Potato | Mashed Potato | 🛡️ Brown Rice

Sweet Potato Fries | French Fries | Onion Rings | 🛡️ Roasted Beets



DESSERTS

Pumpkin Mousse Cake

Served with caramel sauce and whipped cream.

Tiramisu

Served with chocolate sauce and whipped cream.

Cranberry Apple Pie

Served with whipped cream and fresh mint.

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

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

House Pasta with Marinara

Sides

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



OUR PARTNERS

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

Coca-Cola



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[@thesterlingchefs](https://www.instagram.com/thesterlingchefs)



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

Before placing your order, please inform your server if a person in your party has a food allergy.

