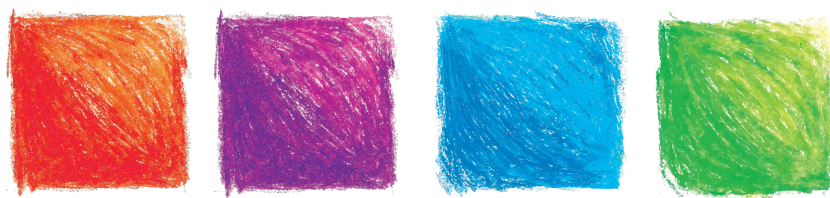


MENU



BREAKFAST

Breakfast choices are available throughout the day. Cholesterol-free eggs may be substituted. ♥

Eggs Your Way

Two farm fresh eggs cooked your way, served with home fries and your choice of white, whole wheat, cinnamon raisin or rye toast.

The Omelet Bar

Prepared with 3 farm fresh eggs and your choice of fillings: bacon, sausage, onion, green peppers, tomatoes with cheddar, Swiss, or American cheese.

Fruit & Cottage Cheese Plate ♥

Assorted fruit and low fat cottage cheese.

Pancakes & French Toast

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

Assorted Cereal & Oatmeal ♥

Choice of Breakfast Sandwich

Farm fresh eggs with avocado, tomato and Vermont cheddar, on a toasted croissant or
Farm fresh eggs with smoked ham and Vermont cheddar, on a griddled English muffin.

BREAKFAST SIDES

Home Fries • Muffin of the day • Pastry of the day • English muffin • Bagel and cream cheese Toast (white, whole wheat, cinnamon raisin and rye)



SANDWICHES

All sandwiches are served with a pickle and your choice of potato chips, side salad, or fruit salad.

LCB Deli Bar

Choice of ham, low sodium turkey ♥, chicken salad, tuna salad or egg salad, served on your choice of bread, roll or flour tortilla wrap.

Turkey Apple Cheddar Wrap

Roasted turkey, pickled onions, spring mix, apples, cheddar and an avocado aioli, served in a flour tortilla wrap.

The Vitanza

Italian meats, provolone cheese, lettuce, tomato and an olive tapenade, served on a sub roll.



CHECK OUT THE
BURGER BOARD MENU

APPETIZERS

Heirloom Tomato Bruschetta

Served on a toasted baguette with fresh basil and balsamic glaze.

Local Cheese & Charcuterie Platter

Chef's selection of cured meats, local cheeses, honey and pickled vegetables.

Grilled Citrus Shrimp Skewer ♥

Served with avocado aioli and a corn and black bean salad.

Battered Onion Rings

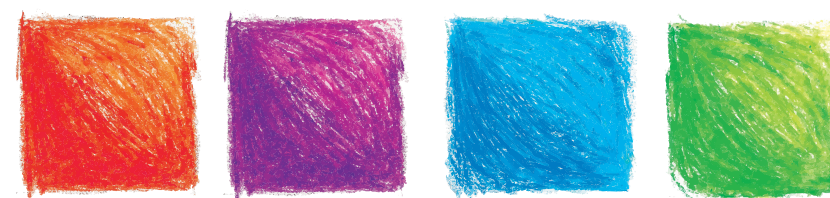
Served with horseradish sauce.

♥ Heart Healthy items are appropriate choices for reduced salt and low fat diets as well as the MIND diet.

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.



LCB
SENIOR LIVING



ENTREE SALADS

Southwest Cobb Salad

Mixed greens, chopped bacon, hard boiled egg, avocado, tomato, black beans, corn, shredded cheddar and crispy tortilla strips, with a Southwest Ranch dressing.

Beet Crudo ♥

Marinated beets, spring mix and crumbled goat cheese, with a local honey citrus vinaigrette.

EXTRAS

Add one of these
to any salad entree:

- Grilled chicken ♥
- Grilled shrimp ♥
- Grilled salmon ♥

ENTREES

All entrees are served with your choice of sides.

Filet Mignon

Grilled center-cut filet cooked to your preference, finished with a shiitake mushroom demi-glace.

Shrimp Scampi

Succulent shrimp sautéed in a garlic butter and white wine sauce with grape tomatoes and basil, served over angel hair pasta.

Orecchiette Pasta

Tossed with garlic, olive oil, shiitake mushrooms, arugula, roasted tomato broth and ricotta cheese.

DESSERTS

No sugar added dessert and fruit are also available.

Angel Food Cake

Topped with fresh strawberries and whipped cream.

Tiramisu

New York Style Cheesecake

With cherry topping and whipped cream.

Assorted cookies, pies and a selection of premium ice creams

Signature Hot Fudge

Chicken Milanese

Breaded chicken cutlet served with an arugula salad, parmesan cheese and a lemon wedge.

Simply Salmon ♥

Cooked to order, served with a lemon wedge and choice of sides.

SIDES

- Broccoli Florets ♥
- Baby Carrots ♥
- Seasonal Vegetables ♥
- Cole Slaw
- French Fries
- Sweet Potato Fries
- Baked Potato ♥
- Mashed Potato
- Mashed Sweet Potato ♥
- Rice Pilaf
- Capellini Pasta

SOUP & SIDE SALADS

Soup du Jour

Chicken Noodle Soup ♥

Side Garden Salad ♥

Mixed greens, tomato, cucumber, red onion and house vinaigrette.

Side Classic Caesar Salad

Hearts of Romaine lettuce tossed with Parmesan cheese, crunchy croutons and traditional Caesar dressing.

Check out our culinary
adventures on Instagram



@thesterlingchefs

