WELCOME TO THE TRAFALGAR DINING ROOM

APPETIZERS

Classic Shrimp Cocktail (FSLG)
Four chilled jumbo shrimp served with a zesty cocktail sauce.
$4.75

Spinach Artichoke Bread (SGVL)
Spinach, gouda and artichokes dip served with Herb Focaccia Bread
$4.75

SALADS

Garden Salad (FSLGV)
Fresh mixed greens topped with grape tomatoes, cucumber slices and red onion. Served with your choice of dressing.
$2.95

Traditional Caesar Salad (GV)
Chopped romaine lettuce topped with homemade croutons, parmesan cheese, and finished with Caesar dressing. (Anchovies available upon request.)
$3.25

High Protein Power Meal **600 calorie (FSGV)
Cous Cous, Quinoa and chick peas with choice of shrimp, chicken, or salmon
Kung Pao veggies, field greens
$6.50 ALL Veggie- $4.25

ENTRÉE SALADS

Cobb Salad (G)
Mixed greens topped with grilled chicken breast strips, avocado, blue cheese crumbles, bacon and chopped eggs. Served with your choice of dressing.
$7.50
Petite Portion $6.50

Chilled Chicken Souvlaki (SLF)
Grilled chicken, olives, feta cheese, red onion and tomato served over fresh greens with Greek dressing and a pita.
$6.75
Petite Portion $5.75

Dressing Selections:
Raspberry Vinaigrette Italian Blue Cheese
Greek French Ranch Caesar
Balsamic Vinaigrette Thousand Island

Nutritional Reference Guide
F – Low Fat
L – Low Lactose
V – Vegetarian
S – Low Salt
G – Low Gluten
ENTRÉES

Organic Half Chicken (SLFG)
Cage free ½ chicken with sweet chili glaze............................................................... $8.75
Petite Portion not available.

Filet Mignon (LG)
Seven ounces of beef tenderloin grilled and topped with Dianne Sauce.......................................................... $10.00
Petite Portion not available.

Grilled New Zealand Rack of Lamb (LG)
Lemon and garlic Encrusted New Zealand rack of lamb grilled to your liking……….. $8.75
Petite Portion........................................... $7.75

Roasted Atlantic Salmon (FL)
Your choice of either broiled horseradish & panko breadcrumb encrusted or Teriyaki Glaze.......................................................... $8.75
Petite Portion not available.

German Pork Chop(LG)
10oz Chop Beer brined and topped with sweet Gerkins and sauerkraut............................ $9.95
Petite Portion not available.

Shrimp Rotini (LSF)
Seven shrimp tossed in a tomato basil cream with rotini pasta and shaved parmasean.......................................................... $8.25
Petite Portion (3 Shrimp).......................................................... $6.25

Canterbury Woods Standard for Cooking Meats

Rare: Red, Cold Center
Medium Rare: Red, Warm Center
Medium: Pink Center
Medium Well: No Pink
Well: Tan to Brown Center with Charring on Outside of meat

*Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of food borne illness, especially if you have certain medical conditions.
**ENTRÉES CONTINUED**

**Vodka Eggplant** (SV)
Breaded eggplant topped with provolone and mozzarella cheeses pan fried and topped with a vodka tomato basil cream sauce ................................................................. $6.75
Petite Portion .................................................................................................................. $5.75

**Greek Veggie Souvlaki** (SVF) Grilled Balsamic marinated Zucchini, red onion, Summer Squash, mushrooms, and artichokes served over pita with feta cheese and olives ................. $7.00
Petite Portion .................................................................................................................. $6.00

**Asian Noodle Bowl** (FGL)
Sautéed vegetables Pad Thai noodles with your choice of tofu, shrimp, chicken or egg in a light soy ginger broth. Available hot, medium or mild ................................................................................................................................. $8.75
Petite Portion .................................................................................................................. $6.75

**Flatbread Pizza** (V,F)
Spinach, artichoke, portabella mushroom, tomato and mozzarella cheese. .................. $6.00

**CANTERBURY WOODS CLASSICS**

**Creamy Macaroni and Cheese** (SV)
Cavatappi pasta tossed with a house made creamy cheese sauce, topped with a buttery bread crumb mixture and oven baked to golden brown ........................................ $6.75
Petite Portion .................................................................................................................. $5.75

**Liver and Onions** (SLG)
Tender calves' liver sautéed with caramelized onions and a savory red wine accented brown gravy. (Served with bacon upon request.) ................................................. $7.75
Petite Portion not available.

**Spaghetti and Meatballs** (FSL)
Beef meatballs simmered in our own homemade tomato marinara sauce, served over a bed of spaghetti ........................................................................................................ $7.75
Petite Portion .................................................................................................................. $6.75

**Fried Chicken** (SL)
Three pieces of battered chicken deep fried until golden brown .................................... $7.75
Petite Portion not available.