

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

Balsamic Vinaigrette

Greek

French

Ranch

Caesar

Thousand Island

Nutritional Reference Guide

F – Low Fat

S – Low Salt

L – Low Lactose

G – Low Gluten

V – Vegetarian

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

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

**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.