

THE WATERS

DINNER MENU

SOUP OF THE DAY

Cup \$3.00
Bowl \$4.00

SIDES

Wild Rice Pilaf

Herb Mashed
Potatoes

Baked Potato
served with butter
and sour cream

Hash Browns

French Fries

Onion Rings

French Green
Beans

Seasonal
Vegetable Blend

Coleslaw

Dinner Roll

ENTRÉES

Each entrée is served with your choice of two sides.



Pot Roast

Personal size beef pot roast with rich pan gravy \$12.00
Calories 406, Carb 22g, Protein 33g, Sodium 466mg



Boneless Pork Chop

Boneless, marinated pork chop with spiced peach compote \$12.00
Calories 375, Carb 31g, Protein 23g, Sodium 349mg

Smothered Seared Chicken **D**

Seared chicken breast topped with Swiss cheese, bell peppers, onions, mushrooms \$12.00
Calories 332, Carb 8g, Protein 31g, Sodium 686mg



Shrimp Penne Pomodoro with Summer Squash **D G**

Garlic and wine sautéed shrimp with zucchini and summer squash, served over penne pasta, tossed with rustic tomato-basil sauce and Parmesan cheese \$13.00
Calories 522, Carb 6, Protein 35g, Sodium 522mg

Beer Battered Fish **G**

Twin tempura battered Alaskan cod filets \$12.00
Calories 738, Carb 25g, Protein 42g, Sodium 2266mg



Pan Seared Salmon **G D**

Pan seared salmon with mango and black bean salsa \$12.00
Calories 212, Carb 9g, Protein 24g, Sodium 86mg

SMALL PLATES

Add a side salad \$3.50

Add fresh fruit or cup of soup \$3.00

Prosciutto, Peach and Feta **D N G**

Flatbread

Crispy flatbread topped with shaved prosciutto ham, mozzarella and feta cheeses, roasted peaches, red onion and sunflower seeds **\$6.50**

Calories 291, Carb 26g, Protein 12g, Sodium 695mg

Margarita Flatbread **V G D**

Basil pesto, locally grown tomatoes topped with mozzarella cheese and a balsamic reduction **\$6.50**

Calories 293, Carb 28g, Protein 9g, Sodium 661mg



Grilled Shrimp Cocktail

Chilled grilled shrimp served with cocktail sauce and fresh lemon **\$5.50**

Calories 256, Carb 17g, Protein 23g, Sodium 178mg



Pulled Pork Slider **GS D**

Tender pulled pork topped with BBQ sauce, creamy coleslaw and crispy fried onions, served on a toasted bun **\$3.00**

Calories 316, Carb 27g, Protein 20g, Sodium 369mg

* Salad dressing nutritional values are not included

SALADS



Summer Blueberry Salad **D N**

Fresh mixed greens topped with roasted sweet potatoes, lemon-oregano chicken, fresh blueberries and pistachios, served with buttermilk-avocado dressing **\$10.00**

Calories 280*, Carb 21g, Protein 20g, Sodium 470mg



Caesar Salad **V D G**

Chopped romaine lettuce, shredded Parmesan cheese, house-baked croutons, with creamy Caesar dressing **\$7.00**

Calories 123*, Carb 7g, Protein 5g, Sodium 403mg

Add grilled chicken **\$3.00**

Calories 234, Carb 0g, Protein 44g, Sodium 105mg

Add shrimp **\$6.00**

Calories 302, Carb 5g, Protein 33g, Sodium 542mg

Cobb Salad **E D**

Mixed greens, grilled chicken, locally grown tomato, English cucumber, chopped egg, local bleu cheese and applewood smoked bacon with your choice of dressing **\$10.00**

Calories 433*, Carb 11g, Protein 40g, Sodium 753mg



Fruit & Nut Salad **V D N**

Mixed greens, red onion, candied pecans, dried cranberries, local bleu cheese and strawberries with a balsamic vinaigrette **\$7.00**

Calories 162*, Carb 10g, Protein 5g, Sodium 102mg

Add grilled chicken **\$3.00**

Calories 234, Carb 0g, Protein 44g, Sodium 105mg



House Side Salad **\$3.50** **V**

Calories 90*, Carb 9g, Protein 2g, Sodium 214mg



Caesar Side Salad **\$3.50** **V D G**

Calories 82*, Carb 8g, Protein 4g, Sodium 380mg

SANDWICHES

*Served with Waters bistro chips or cup of fresh fruit
Substitute french fries \$1.00 or onion rings \$2.00*

Reuben **GS** **D**

Beer-braised corned beef, Swiss cheese, sauerkraut, house-made 1000 Island dressing on grilled marble rye **\$8.50**

Calories 1034, Carb 65g, Protein 35g, Sodium 2491mg

Grown-up Grilled Cheese **GS** **D**

Local cheddar cheese, applewood smoked bacon and locally grown tomato on grilled Texas toast **\$7.50**

Calories 969, Carb 73g, Protein 30g, Sodium 2277mg

Soup and 1/2 Sandwich **GS** **D**

Cup of soup with a 1/2 sandwich
Choice of grilled cheese or BLT **\$7.00**

Classic Croissant Sandwich **GS**

Chicken or tuna salad on a house-baked croissant, bibb lettuce and local tomato **\$7.50**

Calories 710, Carb 61g, Protein 37g, Sodium 769mg

BBQ Pork Sandwich **GS** **D**

Tender pulled pork topped with BBQ sauce, creamy coleslaw and crispy fried onions, served on toasted brioche **\$8.50**

Calories 633, Carb 53g, Protein 40g, Sodium 737mg

BLT **GS**

Applewood bacon, bibb lettuce, local tomato, maple-bacon mayo on choice white or whole grain toast **\$6.50**

Calories 363, Carb 34g, Protein 14g, Sodium 1031mg

Waters Burger **GS** **D**

Choice of ground beef patty, turkey wild rice patty or veggie patty with locally grown tomato and bibb lettuce on a grilled brioche bun **\$8.00**



Beef Patty

Calories 649, Carb 41g, Protein 47g, Sodium 436mg



Turkey Wild Rice Patty

Calories 474, Carb 50g, Protein 39g, Sodium 412mg

Veggie Patty **V** **G**

Calories 395, Carb 61g, Protein 17g, Sodium 958mg

Add Mushrooms 50¢

Calories 31, Carb 1g, Protein 1g, Sodium 61mg

Add Onions 50¢ Raw, grilled or caramelized

Calories 126, Carb 17g, Protein 1g, Sodium 9mg

Add Cheese 50¢ Local cheddar, Swiss or bleu **D**

Calories 94, Carb 2g, Protein 5g, Sodium 364mg

Add Bacon \$2.00 Two slices

Calories 113, Carb 1g, Protein 8g, Sodium 407mg

Patty Melt **GS** **D**

Choice of ground beef patty, turkey wild rice patty or veggie patty, sautéed onions, Swiss and American cheese on grilled marble rye **\$8.50**



Beef Patty

Calories 649, Carb 41g, Protein 47g, Sodium 436mg



Turkey Wild Rice Patty

Calories 474, Carb 50g, Protein 39g, Sodium 412mg

Veggie Patty **V** **G**

Calories 395, Carb 61g, Protein 17g, Sodium 958mg

SIDES

Wild Rice Pilaf \$3.00 **V**

Calories 119, Carb 24g, Protein 2g, Sodium 30mg

Herb Mashed Potatoes \$3.00 **V D**

Calories 79, Carb 9g, Protein 1g, Sodium 161mg

Baked Potato **V D**

served with butter and sour cream \$2.00

Calories 298, Carb 58g, Protein 6g, Sodium 128mg

Hash Browns \$3.00 **V D**

Calories 114, Carb 16g, Protein 2g, Sodium 19mg

French Fries \$3.00 **V**

Calories 170, Carb 28g, Protein 3g, Sodium 26mg

Onion Rings \$4.00 **V**

Calories 224, Carb 27g, Protein 3g, Sodium 339mg

French Green Beans \$2.00 **V**

Calories 36, Carb 5g, Protein 1g, Sodium 30mg

Seasonal Vegetable Blend \$2.00 **V**

Nutritional content varies

Coleslaw \$2.00 **V**

Calories 45, Carb 6g, Protein 1g, Sodium 126mg

Dinner Roll \$1.00 **V G**

Calories 113, Carb 22g, Protein 4g, Sodium 222mg

BEVERAGES

Milk \$1.50

Juice \$1.50

Lemonade \$2.25

Ice Tea \$1.75

Soda \$1.35

Coffee \$2.25

Hot Tea \$1.75

Sparkling Water \$2.25

DESSERTS

Chef's Cake \$5.00

Chef's Pie \$5.00

Ice Cream Sundae \$3.00

Vanilla

Chocolate

Sherbet

Flavor of the Week