

## SANDWICHES

Served with bistro chips or cup of fresh fruit. Substitute fries \$1 or onion rings \$2

**Reuben or Rachel** **\$8.50** **G D**

Beer-braised corned beef or smoked turkey, Swiss cheese, sauerkraut, house made 1000 island dressing on grilled marble rye

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

**Grown-up Grilled Cheese** **\$7.50** **G D**

Cheddar cheese, applewood smoked bacon, locally grown tomatoes on grilled Texas toast

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

**Soup and Half Sandwich** **\$7.00** **G D**

Cup of soup with a choice of 1/2 sandwich. Choose between Reuben, Rachel or Grilled Cheese

**Pulled Pork Sammy** **\$8.50** **G D**

BBQ braised pulled pork rib, cheddar cheese and crispy fried onions on grilled brioche

*Calories 639, Carb 62g, Protein 35g, Sodium 1261mg*

**Classic Croissant Sandwich** **\$7.50** **G D**

Chicken or tuna salad on a house baked croissant, bibb lettuce and locally grown tomatoes

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

**Waters Burger\*** **\$9.00** **G D**

Choice of ground beef, turkey wild rice or veggie patty with locally grown tomatoes, and bibb lettuce on a grilled brioche bun

*Ground Beef* *Calories 649, Carb 41g, Protein 47g, Sodium 436mg*

*Wild Rice Turkey* *Calories 474, Carb 50g, Protein 39g, Sodium 412mg*

*Veggie Patty* *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 94, Carb 2, Protein 5g, Sodium 364mg*

Add Cheese \$.50 Cheddar, Swiss or Bleu

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

Add Bacon \$2.00 Two Slices

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

**Patty Melt\*** **\$9.00** **G D**

Choice of ground beef patty, wild rice turkey patty or veggie patty, sautéed onions, Swiss and American cheeses on grilled marble rye

*See 'Waters Burger' nutritional information above for nutritional values*

*\*Consuming raw or undercooked meats can be potentially harmful*

## SIDES

**Bistro Chips** **\$2.00**

*Calories 321, Carb 30g, Protein 3g, Sodium 99mg*

**French Fries** **\$3.00**

*Calories 150, Carb 18g, Protein 2g, Sodium 320mg*

**Onion Rings** **\$4.00**

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

**Seasonal Fruit** **\$3.00**

*Calories 87, Carb 22g, Protein 1g, Sodium 13mg*

**Creamy Coleslaw** **\$2.00**

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

**House Salad** **\$3.50**

*Calories 90, Carb 8g, Protein 2g, Sodium 213mg*

## FLATBREADS

**Ham & Blueberry** **\$7.50** **G D N**

Shaved ham, mozzarella, feta, and Maine blueberries, baked on crispy flatbread and drizzled red wine reduction and toasted almonds

*Calories 337, Carb 35g, Protein 26g, Sodium 1022mg*

**Margherita** **\$6.50** **G D**

Basil Pesto, locally grown tomato, and mozzarella, baked on a crispy flatbread and drizzled with a balsamic reduction

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

## SALADS

Add a protein to any salad. Chicken for \$3.00, Shrimp for \$6.00

**Waters Classic Trio** **\$10.00** **G D E**

House made chicken, tuna and egg salads served on bibb lettuce with fresh mini croissants

*Calories 817, Carb 46g, Protein 26g, Sodium 1187mg*

**Caesar Salad** **\$7.00** **G D**

Chopped romaine, shredded parmesan, house baked croutons and creamy caesar dressing

*Calories 123, Carb 8g, Protein 5g, Sodium 403mg*

**Cobb Salad** **\$10.00** **D E**

Mixed greens, chicken, tomato, cucumber, egg, bleu cheese and applewood smoked bacon

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

**Fruit & Nut** **\$7.00** **D N**

Mixed greens, red onion, candied pecans, dried cranberries, bleu cheese, strawberries and balsamic vinaigrette

*Calories 162, Carb 10g, Protein 44g, Sodium 105mg*

**G** Contains Gluten **D** Contains Dairy **E** Contains Egg **N** Contains Nuts

*\*Gluten substitutes may be available*

## ENTREES

### BBQ Braised Country Ribs

\$15.00

Braised boneless pork ribs served on a bed of BBQ onions and a cider pan gravy  
*Calories 260, Carb 9g, Protein 17g, Sodium 214mg*

### Inside-out Chicken Florentine

\$13.00 **D**

Seared chicken breast topped with sautéed spinach, garlic, feta cheese and creamy alfredo sauce  
*Calories 374, Carb 7g, Protein 35g, Sodium 546mg*

### Tea Rubbed Salmon with Ginger Butter

\$15.00 **D**

Wild caught salmon rubbed with black tea and brown sugar, seared and topped with a rich ginger ghee  
*Calories 388, Carb 12g, Protein 22g, Sodium 506mg*

### Pasta Primavera Alfredo

\$12.00 **G D**

Fettuccini Pasta nestled with sautéed asparagus, carrot, broccoli, leeks and summer squash in a creamy alfredo sauce.  
 Add chicken \$3.00 or shrimp \$6.00  
*Calories 404, Carb 59g, Protein 17g, Sodium 552mg*

### Walleye Cakes

\$13.00 **G D**

Walleye and cod cakes made with fresh herbs, pan fried and garnished with a roasted garlic-lemon aioli  
*Calories 221, Carb 15g, Protein 15g, Sodium 480mg*

### Beer Battered Cod

\$12.00 **G E**

Twin beer battered, hand-cut Atlantic cod fillets  
*Calories 644, Carb 15g, Protein 54g, Sodium 1263mg*

## SIDE DISHES

### Wild Rice Pilaf

\$3.00

*Calories 119, Carb 24g, Protein 3g, Sodium 30mg*

### Creamy Coleslaw

\$2.00

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

### Mashed Potatoes & Gravy

\$3.00

*Calories 187, Carb 23g, Protein 3g, Sodium 523mg*

### Baked Potato

\$2.00

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

### French Green Beans

\$2.00

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

### Broiled Tomato

\$3.00

*Calories 251, Carb 13g Protein 11g, Sodium 245mg*

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## BEVERAGES

Milk \$1.50 Soda \$1.35

Juice \$1.50 Coffee \$2.25

Lemonade \$2.25 Hot Tea \$1.75

Ice Tea \$1.75

## DESSERTS

Chef's Dessert of the Day \$5.00

Ice Cream Sundae \$3.00

Vanilla, Chocolate, Sherbet, Flavor of the Week