# EVERYDAY MENU 

## SALADS

## Salmon Caesar Salad <br> Grilled salmon seasoned and served over a bed of romaine lettuce with parmesan cheese, croutons and Caesar dressing. Request no croutons for gluten free. <br> Chicken Caesar Salad................................... 5

© LST LSR (3)
Sliced grilled chicken seasoned and served on a bed of romaine lettuce with parmesan cheese, croutons and Caesar dressing. Request no croutons for gluten free.
SANDWICHES
Grilled Hamburger* ..... 3
LST LSRAll-beef patty seasoned and grilled. Servedon a bun with lettuce, tomato and onion.Request no bun for gluten free.
Grilled Cheeseburger* ..... 3
LST LSRAll-beef patty seasoned and grilled.Topped with American cheese and servedon a bun with lettuce, tomato and onion.Request no bun for gluten free.
Veggie Burger ..... 3

- LST LSRPlant-based patty grilled and served ona bun with lettuce, tomato and onion.Request no bun for gluten free.
Grilled or Fried** Chicken Salad ..... 5Mixed greens, cheddar and jack cheese,tomatoes, croutons, and a red onion.Request grilled chicken with no croutonsfor gluten free.
Hot Dog ..... 2
LSRLarge all-beef frank grilled and served on asliced bun.
Chili Dog ..... 3
LSR
All-beef frank grilled and topped with chili,mustard and red onions.
Classic Grilled Cheese ..... 2
LSRSliced American cheese on Italian breadand grilled.
COLD SANDMMCHES
Ham or Roast Beef ..... 3Your choice of roast beef or ham served onItalian bread with lettuce, sliced tomatoesand American cheese.3
- LST LSR

Your choice of salad, lettuce, and two sliced tomatoes piled high on Italian bread.
Filet Mignon (6-oz. portion)* ..... 10
Our most tender cut of meat prepared freshdaily in-house.
Broiled Salmon* ..... 5broiled. Served with tartar or cocktailsauce.
Broiled (GF) or Fried** Catfish ..... 4
LST LSR
Large filet of catfish prepared just the wayyou like it. Served with tartar or cocktailsauce.
SIDES
Baked Potato ..... 1

- LST LSR(:3)
Baked Sweet Potato ..... 1
- LST LSRMashed Potatoes With Gravy1
LST LSR :
Fried Onion Rings or French Fries ..... 1
LST LSR
Dinner Rolls, Cornbread, or ..... 1
Sweet Cornbread Muffins
LST
Steamed Broccoli ..... 1
Blue Lake Green Beans ..... 1
Steamed Spinach ..... 1
- LST LSR (ib) ..... 1
Baby Carrots
Grilled Asparagus ..... 1
Grilled BBQ Chicken ..... 3
LST LSR
Tender boneless chicken breast seasonedand grilled. Basted in BBQ sauce uponrequest.
Veggie Pasta ..... 3
LST LSR
Squash, carrots, mushrooms, peppers,spinach and cherry tomatoes overspaghetti and topped with a creamyAlfredo sauce.
Spaghetti With Meat Sauce ..... 3
LST LSR
Tender spaghetti noodles topped with a homemade meat sauce. Garnished with parmesan cheese, parsley and garlic bread.
DESSERT
Sugar-Free Apple Pie ..... 1
Sugar-Free Jell-O ..... 1Assorted Cookies and Brownies1
LST
Lemon Cake ..... 2
LST
Ultimate Chocolate Cake ..... 2
LST
Chocolate or Vanilla Pudding ..... 1
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Choice of Two Fresh Soups DailyLST LSR

## LOOKING FOR SOMETHING SPECIAL?

LST Low Sodium
LSR Low Sugar

# EVERYDAY MENU 

## SALADS


#### Abstract

Salmon Caesar Salad Grilled salmon seasoned and served over a bed of romaine lettuce with parmesan cheese, croutons and Caesar dressing. Request no croutons for gluten free. Chicken Caesar Salad 5


Sliced grilled chicken seasoned and served on a bed of romaine lettuce with parmesan cheese, croutons and Caesar dressing. Request no croutons for gluten free.Grilled Hamburger*3

All-beef patty seasoned and grilled. Served on a bun with lettuce, tomato and onion. Request no bun for gluten free.
Grilled Cheeseburger* 3

All-beef patty seasoned and grilled.
Topped with American cheese and served on a bun with lettuce, tomato and onion. Request no bun for gluten free.
Veggie Burger 3

Plant-based patty grilled and served on a bun with lettuce, tomato and onion. Request no bun for gluten free.

Grilled or Fried** Chicken Salad 5
Mixed greens, cheddar and jack cheese, tomatoes, croutons, and a red onion.
Request grilled chicken with no croutons for gluten free.
Hot Dog ..... 2
Large all-beef frank grilled and served on asliced bun.
Chili Dog ..... 3All-beef frank grilled and topped with chili,mustard and red onions.
Classic Grilled Cheese ..... 2
Sliced American cheese on Italian breadand grilled.

Ham or Roast Beef ..... 3Your choice of roast beef or ham served onItalian bread with lettuce, sliced tomatoesand American cheese.

Chicken, Egg or Tuna Salad: ........................ 3
Your choice of salad, lettuce, and two sliced tomatoes piled high on Italian bread.
Filet Mignon (6-oz. portion)* ..... 10Our most tender cut of meat prepared freshdaily in-house.
Broiled Salmon* ..... 5
Fresh hand-cut salmon seasoned andbroiled. Served with tartar or cocktailsauce.
Broiled (GF) or Fried** Catfish ..... 4
Large filet of catfish prepared just the way you like it. Served with tartar or cocktail sauce.
SIDES
Baked Potato ..... 1
Baked Sweet Potato ..... 1
Mashed Potatoes With Gravy ..... 1
Fried Onion Rings or French Fries ..... 1
Dinner Rolls, Cornbread, or ..... 1
Sweet Cornbread Muffins
Steamed Broccoli ..... 1
Blue Lake Green Beans ..... 1
Steamed Spinach ..... 1
Baby Carrots ..... 1
Grilled Asparagus ..... 1
LOOKING FOR SOMETHING SPECIAL?

(3)

Gluten Free
Heart Healthy

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Low Sodium
Low Sugar
Grilled BBQ Chicken ..... 3
Tender boneless chicken breast seasonedand grilled. Basted in BBQ sauce uponrequest.
Veggie Pasta ..... 3
Squash, carrots, mushrooms, peppers, spinach and cherry tomatoes over spaghetti and topped with a creamy Alfredo sauce.
Spaghetti With Meat Sauce ..... 3
Tender spaghetti noodles topped with a homemade meat sauce. Garnished with parmesan cheese, parsley and garlic bread.
DESSERT
Sugar-Free Apple Pie ..... 1
Sugar-Free Jell-O ..... 1
Assorted Cookies and Brownies ..... 1
Lemon Cake ..... 2
Ultimate Chocolate Cake ..... 2
Chocolate or Vanilla Pudding ..... 1
SOU
Choice of Two Fresh Soups Daily島
*Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness.
**For a heart-healthy option, choose baked, broiled or grilled, not fried.
<<<Our goal is your satisfaction! Please let us know if you have special requests on how your food is prepared. If we do not meet your expectations, please let us know, and we will gladly and efficiently replace the item to your specification.>>>

