



October 8-12, 2018

Always Available Menu

Skye Burger **GF Available

6oz Beef Patty, Lettuce, Pickle, Tomato, Red Onion, Your Choice of Cheese, and Fries

Chicken Breast **GF Grilled

8oz Chicken Breast either Grilled or Fried with Your Choice of Two Sides

Fresh Atlantic Salmon **GF

Grilled or Oven Roasted Fillet with a Dill Cream Sauce and Your Choice of Two Sides

Grilled Cheese and Bottomless Soup or Salad

Your Choice of White or Wheat and American, Swiss, or Cheddar with any of our Weekly Soup or Salad Selections

Soup and Salad \$5

Small House Salad with a Cup of Your Choice of the Weekly Soups

Sides

Fresh Fruit

Macaroni and Cheese

French Fries

Baked Sweet Potato

Skye Fit Menu

Chicken and Avocado Bowl **GF

Grilled Chicken with Cauliflower Rice, Spinach, and topped with Avocado and Lime

Ahi Tuna Salad **GF

Seed Crusted Ahi Tuna over Power Greens, Almonds and Ponzu Dressing

Southern Fried Steak **GF

Beef Tenderloin Breaded With Almond Flour and served over Mashed Cauliflower

Grilled Veggie Sandwich **GF

Locally Sourced Vegetables Layered on a Gluten Free Bun with Choice of Side



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Weekly Soup and Salad Selections

French Onion

Cream of Mushroom

Chef Salad **GF

Mixed Greens, Local Tomatoes, Pickled Shallots, Goat Cheese, with a Triple Berry Vinaigrette

Cole Slaw **GF

Shaved Cabbage and Carrots tossed in a Creamy House Made Dressing

Weekly Entrée Selections

Pepper Steak **GF

Tender Beef, Onions, and Bell Peppers served over Steamed Rice

**** Chef Suggested Wine Pairing – Substance Cabernet \$5 ****

Chicken Alfredo Pasta **GF Available

Grilled Chicken Breast over Creamy Alfredo Sauce and Egg Noodles

**** Chef Suggested Wine Pairing – Mersoleil Chardonnay \$5 ****

BBQ Pork Sandwich **GF Available

Slow Cooked and Smothered in Chef Lawrence's famous sauce and served on a Brioche Bun with French Fries

**** Chef Suggested Beer Pairing – Michelob Ultra \$3 ****

Blue Fin Tuna Casserole

Blue Fin Tuna fillets, Creamy Sauce, and Tender Pasta baked with Cheese on Top

**** Chef Suggested Wine Pairing – Caposaldo Pinot Grigio \$4 ****

Weekly Side Options

Steamed Broccoli

Peas and Carrots

Corn on the Cob