



January 14-18, 2019

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

Italian Wedding Soup

Lentil Soup

Chef Salad **GF

Mixed Greens, Sliced Egg, Ham, and Tomato with House Made Ranch Dressing

Orzo Pasta Salad

Orzo Pasta, Prosciutto, Sundried Tomatoes, Olives, and Goat Cheese tossed with an Herb Infused Olive Oil

Weekly Entrée Selections

Chicken Spaghetti **GF Pasta Available

Chicken Thigh Meat in a Creamy Sauce with Spaghetti

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

Steak Marsala **GF

Tenderloin Medallions cooked with Mushrooms in a Marsala Wine Sauce and served with Wild Rice

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

Fried Pork Chop **GF Available

Brined Bone-In Pork Chop fried perfectly and served with Wild Rice and Apple Sauce

**** Chef Suggested Wine Pairing – Decero Malbec \$4 ****

Shrimp Alfredo **GF Pasta Available

Lightly Sautéed Shrimp in a Creamy Alfredo Sauce

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

Weekly Side Options

Grilled Zucchini

Asparagus

Roasted Beets

* Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness.



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