



March 11-15, 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 or BLT

*Classic BLT or Grilled Cheese on White or Wheat and American, Swiss, or Cheddar
Your Choice of Side*

\$5 Soup and Salad

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

Ruby Red TroutGF**

Lightly Seasoned with a Roasted Shallot and Lemon Gastrique over Incan Quinoa

Wagyu Steak Salad **GF

*Grilled to Order over Power Greens, Local Tomatoes, Toasted Almonds, and
Pomegranate Seeds with a Roasted Garlic Vinaigrette*

Ratatouille **GF

*Locally Sourced Eggplant, Zucchini, Squash, Mushrooms, and Bell Peppers stewed
down in a Roasted Garlic Tomato Sauce*



March 11-15, 2019

Weekly Soup and Salad Selections

Butternut Squash Bisque

Red Lentil w/ Ham

Caesar Salad **GF

Romaine, Parmesan, and Croutons tossed in House Made Caesar Dressing

Marinated Vegetable Salad **GF

*Roasted Squash, Zucchini, Eggplant, Sundried Tomatoes, and Artichoke Hearts
tossed in Herbed Garlic Shallot Oil*

Weekly Entrée Selections

Chicken Parmesan **GF Pasta Available

*Chicken Breast coated in Parmesan Breadcrumbs and Lightly Pan Fried,
Topped with Marinara over Angel Hair*

**** Chef Suggested Wine Pairing – Fall Creek Sauvignon Blanc \$5 ****

Trout Almondine **GF

Sautéed Rainbow Trout topped with Almonds and Lemon Beurre Blanc

**** Chef Suggested Wine Pairing – Avissi Prosecco \$7 ****

Baked Ziti w/ Sweet Italian Sausage

*Ziti mixed with Italian Sausage, Mushrooms, and Parmesan in Rustic
Tomato Sauce*

**** Chef Suggested Wine Pairing – Caposaldo Pinot Grigio \$5 ****

Steak Pizzaiola **GF

*Grilled Flat Iron Steak topped with Roasted Red Pepper and Oregano
Pesto*

**** Chef Suggested Wine Pairing – Fall Creek Cabernet Sauvignon \$5 ****

Weekly Side Options

Steamed Broccoli

Roasted Beets

Buttered Parsnips

SKYE
~~SKYE~~
BLEU