

Freeman Dining Room

SOUPS AND APPETIZERS

SOUP OF THE DAY OR FEATURED SOUP.	2.95
FRENCH ONION SOUP.	4.00
LOADED POTATO SKIN.	3.95
<i>Baked potato skin loaded with cheese and bacon and broiled to perfection.</i>	
SPINACH AND FETA PASTRY.	6.50

FROM THE GRILL

IRON MASTER BURGER.	7.00
<i>6oz burger with your choice of cheese, lettuce, tomato, and onion served on a toasted bun.</i>	
♥ healthy alternative: order on a pretzel bun with Swiss cheese.	
CALIFORNIA CHICKEN SANDWICH.	8.95
<i>Grilled chicken topped with lettuce, tomato, red onion and an avocado aioli. Add cheese for 0.50</i>	
♥ healthy alternative: order on a pretzel bun with Swiss cheese.	
GRILLED CHEESE.	4.00
Add tomato \$0.25	
Add bacon or ham \$2.50	
CHEESE STEAK.	8.25
<i>Beef steak with your choice of peppers, onions, and cheese served on a long roll.</i>	
♥ healthy alternative: order with Swiss cheese and without the roll.	
GRILLED REUBEN.	8.25
<i>Corned beef, Swiss cheese, sauerkraut, and thousand island dressing grilled on rye bread.</i>	
BATTER DIPPED COD SANDWICH.	9.00
<i>Beer battered cod served on a toasted bun with lettuce, tomato, and tar tar sauce.</i>	
HOT DOG.	4.00
<i>All beef hot dog served on a toasted bun.</i>	
TEXAS TOMMY.	5.00
<i>Grilled hot dog topped with bacon, fried onions, and cheddar cheese.</i>	
CHICKEN CLUB SANDWICH.	8.95
<i>Grilled chicken breast topped with your choice of cheese, lettuce, tomato, onion, bacon and mayonnaise. Served on a Toasted Bun.</i>	
♥ healthy alternative: order on a pretzel bun without cheese and bacon.	
CHICKEN PARMESAN SANDWICH.	7.50
GARDEN BURGER.	7.00
<i>Served with your choice of cheese, lettuce, tomato, and onion on a toasted bun.</i>	
MEATBALL SUB.	10.95
<i>served in a long roll topped with marinara sauce and provolone cheese broiled to perfection.</i>	

Monday-Friday

Lunch: 11am to 2pm

Supper 4:30pm to 6:30pm

For heart healthy options look for the  in the description

SALADS

- CAESAR SALAD.** 8.00
Greens tossed with Caesar dressing, parmesan cheese and croutons. chicken - \$3 shrimp - \$6
- CHEF SALAD.** 10.00
Greens topped with tomatoes, peppers, cucumber, red onion, hard-boiled egg, smoked turkey, ham, and Swiss cheese.
- COBB SALAD.** 8.75
Greens topped with tomatoes, onions, bleu cheese, cheddar cheese, hard-boiled egg, bacon, and guacamole. Add chicken for an additional 3.
- GARDEN SALAD**
Greens topped with cucumbers, tomatoes, red onion, peppers, and carrots. As a side salad 2.95 or as an entree 6.25 ask your server for our low sodium dressing option for ♥ healthy option.

FROM THE DELI

- BUILD YOUR OWN SANDWICH.** 1/2 SANDWICH 4.95 WHOLE SANDWICH 6.75
Breads: Rye, White, Wheat, Pretzel bun ♥ (115mg sodium per bun).
Meats: Daily Featured Salad, Ham, Turkey, Corned Beef
Cheese: American, Swiss, Provolone, Cheddar
- ADD SOUP OR SALAD TO YOUR SANDWICH.**
Soup of the Day or Featured Soup 2.95 Side Salad 2.95
- CLASSIC BLT SANDWICH.** 6.95
- CORNWALL CLUB.** 8.95
Traditional club sandwich with ham, turkey, bacon, provolone cheese, and tomato.
- MEDITERRANEAN VEGETABLE WRAP.** 8.95
Whole wheat tortilla with pesto aioli, marinated artichokes, roasted red peppers, spinach, olives, and tomatoes.
♥ healthy alternative: order as a salad without pesto and olives. (435mg sodium per order without dressing)
- APPLE TURKEY CHEDDAR MELT.** 10.95
Thinly sliced turkey with cheddar cheese and apples grilled on a ciabatta roll and served with a side of chips.

ENTREES

- QUICHE OF THE DAY.** 8.00
Comes with a fresh salsa and one side. Ask your server for today's selection.
- CHICKEN TENDER PLATTER.** 9.00
Served with French fries and cole slaw.
- PASTA MARINARA.** 10.95
Served with a garden salad and garlic bread. Add chicken parm or meatballs for 3.00
- FRESH ATLANTIC SALMON.** 16.95
♥ Broiled or Poached. Served with 1 side.
♥ 140mg sodium per portion.
- FRIED SHRIMP PLATTER.** 14.95
Served with French fries and cole slaw.

SIDES

- ♥ VEGETABLES 2.00**
Choose from broccoli, baby carrots, vegetable medley, cole slaw, apple sauce or our vegetable of the day.
- STARCHES 2.00**
Choose from mashed potatoes, baked potato ♥ (15mg sodium per potato), French fries, sweet potato fries, onion rings, or our starch of the day.