



APRIL 16

TO

APRIL 21

### STARTERS

TOMATO BASIL SOUP (V, LOW SODIUM, DAIRY FREE) 4

PEAR AND BLUE CHEESE SALAD 7

Baby Mixed Greens with Slow Roasted Pears, Slivered Red Onions, Blue Cheese Crumbles and Toasted Walnut Pieces. Served with Maple Dijon Vinaigrette.

NBOC CHOPPED SALAD 7

Romaine, Tomatoes, Egg, Crumbled Feta, Avocado Aioli

SALAD BAR WITH SOUP 12

ENHANCE ANY SALAD WITH:

GRILLED CHICKEN 5 GRILLED SHRIMP 8 GRILLED SALMON 10

SHRIMP COCKTAIL 1.75 Each

Jumbo Chilled Shrimp Served in a Martini Glass with Shredded Lettuce, Cocktail Sauce, and Lemon

MEMPHIS BURGER 13

8oz Prime Beef Burger Topped with NBOC BBQ Ranch Sauce, Monterey Jack Cheese and Coleslaw. Served with Lettuce, Tomato and Sliced Onion. (Plain Burger, Cheeseburger, Veggie Burger Available \$12)

### ENTREES

INCLUDES TWO SIDE DISHES and SAUCE OF YOUR CHOICE

•ROTISSERIE HALF CHICKEN 16

Herb Marinated All Natural Chicken Side

•DUCK LEGS L'ORANGE 24

Rosemary Marinated Duck Legs, Served with Zesty Orange Sauce

•BAKED COD with CREAMY GARLIC SAUCE 23

Baked 6oz Cod Topped with Creamy Garlic, Diced Tomato Sauce

### LIGHT and HEALTHY

INCLUDES TWO SIDE DISHES and SAUCE OF YOUR CHOICE

WITH EVERY ITEM 500 CALORIES OR LESS

All Light and Healthy Dishes are prepared with 5 oz of protein

•SEARED SALMON 19

Fresh Atlantic Salmon Served with Lemon

Calories: 279 Fat: 7g Protein: 24g Cholesterol: .75g Sodium: .112g

•GRADE ONE PRIME SIRLOIN STEAK 19

The Best of the Midwest Topped With Fried Onions

Calories: 323 Fat: 13.8g Protein: 37g Cholesterol: .82g Sodium: .113g

•VEGETABLE LASAGNA 17

Fresh Vegetables with Garlic Cream Sauce Layered with Pasta Sheets. Served over Tomato Sauce with a Choice of 1 Side.

### SAUCES

Zesty Orange Sauce, Red Wine Demi, Balsamic Glaze, Tomato Sauce

### VEGETABLES - 3

Italian Herbed Vegetables, Crimini Mushroom's Tossed with Pearled Onions and Fig Glaze, Steamed Cauliflower

### STARCHES - 3

Sweet Potato Waffle Fries, Quinoa with Bell Peppers, Baked Sweet Potato

Always Available: Scrambled Eggs, Steamed Broccoli or Spinach,  
Baked Potato, Gluten Free Pasta, Garden Salad

EARLY BIRD ENTREES SERVED DAILY FROM 4:45 – 5:15

•Early Bird includes choice of soup or side salad, dessert, and coffee, tea, or soft drink•

Dining Room Reservations – 49100 To Go Orders – 49207

Dinner Hours of Operation: Monday-Saturday 4:45pm - 8:00pm