

DINNER

STARTERS

SOUP

Soup of the Day

CAESAR SALAD

Romaine, Croutons, Parmesan Cheese,
Caesar Dressing

FRESH FRUIT V GF DF

Strawberries, Pineapple, Cantaloupe, Blueberries

TOSSED SALAD V GF DF

Romaine, Grape Tomatoes, Cucumber, Carrots,
Choice of Dressing

ENTREE SALADS

COBB SALAD GF

Romaine, Grape Tomatoes,
Bacon, Avocado, Hard-Boiled Egg,
Bleu Cheese Crumbles

GREEK SALAD V GF DF UPON REQUEST

Romaine, Red Onion, Tomato,
Cucumber, Pepperoncini, Kalamata
Olives, Feta, Balsamic Vinaigrette

CAESAR SALAD

Romaine, Croutons, Parmesan Cheese,
Caesar Dressing

SANTA FE SALAD V GF DF UPON REQUEST

Romaine, Black Beans, Pinto Beans, Red Onion,
Grape Tomatoes, Roasted Corn & Bell Pepper,
Cotija Cheese, Avocado, Tortilla Strips,
Cilantro Lime Dressing

ADD PROTEIN

Crispy Tofu Seared Salmon
Grilled Chicken Grilled Shrimp

DRESSING CHOICES

Ranch, French, Thousand Island, Italian,
Bleu Cheese, Caesar, Raspberry Vinaigrette,
Balsamic Vinaigrette, Vinegar & Oil

ALL DRESSINGS ARE GLUTEN-FREE



ENTREES

BEEF TENDERLOIN GF DF

Grilled Beef Tenderloin, Burgundy Veal Reduction,
Baked Potato, Daily Vegetable

FRIED RICE GF DF

Fried Rice, Vegetables, Sesame Pineapple Soy Sauce

Add Crispy Tofu

Add Grilled Chicken

Add Grilled Shrimp

LEMON DILL BEURRE BLANC GF

Choice of Protein, Yellow Rice, Daily Vegetable

Crispy Tofu

Grilled Shrimp

Eggplant

Sautéed Salmon

Grilled Chicken

EGGPLANT PARMIGIANA V DF

Breaded Eggplant Cutlets, Marinara Sauce,
Mozzarella, Basil Oil

SPINACH RAVIOLI V

Spinach & Ricotta Ravioli, Parmesan Roasted
Garlic Olive Oil

Add Grilled Chicken

Add Grilled Shrimp

SIDE PROTEIN

Crispy Tofu

Grilled Chicken

Grilled Shrimp

Sautéed Salmon

SANDWICHES

GILMAN BURGER DF & GF UPON REQUEST

Beef or Veggie Burger, Brioche Bun,
Gilman Sauce, Lettuce, Tomato, Red Onion, Pickle,
Choice of American, Cheddar, Gruyere, Bleu
Cheese Crumbles

Add Crispy Tofu

EASTCASTLE MELT V GF UPON REQUEST

Choice of Toasted White, Wheat, Rye, Multi-Grain,
or Sourdough, Choice of American, Cheddar,
Gruyere

Add Tomato

Add Ham, Turkey or Bacon

SIDES

Broccoli

Carrots

Corn

Green Beans

Green Peas

Sautéed Spinach

Cauliflower

Baked Potato

Baked Sweet Potato

French Fries

Sweet Potato Fries

Yellow Rice

DESSERTS

DESSERT OF THE WEEK

Weekly Rotating Dessert

COOKIES

Assorted Fresh-Baked Cookies

CEDAR CREST ICE CREAM

Choice of Vanilla or Flavor of the Day

Add Hot Fudge or Caramel



V = VEGETARIAN DF = DAIRY-FREE GF = GLUTEN-FREE

All sandwiches and salads can be made dairy-free without cheese. Gluten-free bread and buns are available.