

OLD PORT MENU SELECTION

DAILY SOUP & SANDWICH

Creative soup selections such as Carrot Ginger, Apple Chicken Curry, Turkey Rice Florentine. Paired with fresh deli-style meats served on whole wheat wraps or ciabattas.

CHILI

Sweet and spicy vegetarian or meat chili.

TRADITIONAL BEEF STEW

Hearty homemade beef stew.

THAI NOODLE SALAD

Thin Asian noodles tossed with vegetables and a light Thai sauce.

CHICKEN CAESAR SALAD

Crisp romaine tossed with light Caesar dressing, homemade croutons, hand-cut bacon bits and freshly grated Parmesan cheese. Topped with grilled all-natural chicken.

DAILY QUICHE

Homemade cheese and spinach quiche baked with the freshest of ingredients.

GRILLED CHICKEN BURGERS

Grilled breast of chicken on a whole wheat Kaiser with choice of toppings and sauce.

ASIAN TUNA BURGERS

An Asian twist with a tuna patty. Served on a whole-wheat bun.

CRANBERRY TURKEY BURGERS

Ground turkey patties grilled to perfection and served with a cranberry mayo on a whole-wheat bun.

TURKEY POT PIE

Roasted turkey and vegetables, baked under a homemade crust.

ITALIANO LASAGNA

Layers of pasta and homemade meat sauce lightly seasoned.

TOMATO BASED PASTA

Penne pasta with a roasted garlic and herb tomato sauce.

WHOLE WHEAT SPAGHETTI WITH MEATBALLS

Hearty spaghetti tossed in marinara sauce, and garnished with meatballs and parmesan cheese.

VEGETABLE PASTA

A fresh assortment of vegetables blended in a primavera sauce.

ASIAN BEEF STIR FRY

Oriental style tender beef, fast fried with julienne vegetables in an Asian inspired emulsified soya sauce. Served over a bed of rice.

MANDARIN CHICKEN STIR FRY

Roasted chicken, fast fried with vegetables in an orange mandarin sauce. Served over a bed of rice.

BEEF & BROCCOLI STIR FRY

Tender pieces of beef, sautéed with fresh broccoli spears in a ginger soy sauce.

JAMBALAYA

Cajun influenced dish of shrimp, sausage, chicken, vegetables and rice.

BROCCOLI & CHEESE CASSEROLE

Fresh vegetables blended with parmesan and mozzarella baked under a light crisp bread crumb topping.

SHEPPARD'S PIE

Layers of lean hamburger, fresh corn and garlic mashed potatoes and garnished with shredded cheddar cheese.

BAYOU COUNTRY MEAT LOAF

A Louisiana treat added to a home-style dish.

CRUNCHY HADDOCK

Fresh and flaky Haddock, lightly breaded and accented with an orange mandarin sauce.

FISH CAKES

An exciting variety of seafood combined with a zesty mayo.