

SHARE PLATES

Resident pricing

Shrimp Cocktail (Kcal.140 | Sodium 1030 mg | Carbs 25g) 5
Argentinian red shrimp served with cabbage and cocktail sauce 5

✓ **Fried Brussels Sprouts** (Kcal. 375 | Sodium 340mg | Carbs 32g) 4
fresh Brussels, capers and parsley fried and topped with a balsamic glaze, shaved parmesan cheese with a Greek yogurt harissa dipping sauce

Honey Walnut Shrimp (Kcal.570 | Sodium 760mg | Carbs 17g) 5
lightly breaded walnut shrimp and walnuts tossed in a honey-orange glaze and topped with sesame seeds

7-Grain House Bread Rolls 1.25
house-made rolls with honey butter

SOUP DU JOUR

Cup 1.75 Bowl 3

Cup of Chef Jason's Chili 3

SALADS (nutritional information based on small salad)

Taylor Farms Baby Romaine Caesar Salad* (Kcal. 240 | Sodium 185mg | Carbs 18g) Small 2
romaine lettuce, bacon, croutons, parmesan crisp, cherry tomatoes, Caesar dressing Large 4

✓ **Syren's Grille Salad** (Kcal. 220 | Sodium 125 mg | Carbs 39g) Small 2
mixed greens, apples, strawberries, cranberries, feta, candied walnuts, Large 4
champagne vinaigrette

✓ **Garden Salad** (Kcal. 190 | Sodium 240mg | Carbs 14g) Small 2
mixed greens, cherry tomatoes, carrots, cucumber, onions, chickpeas, sunflower Large 3.5
seeds and croutons with a choice of dressing

Chopped Wedge Salad (Kcal. 220 | Sodium 580mg | Carbs 11g) Small 2.5
romaine lettuce, bacon, red onion, cherry tomatoes, blue cheese crumbles, Large 5
house blue cheese dressing

Soup and Salad of the Day 4
cup of soup du jour and the Chef's daily salad

ADD-ONS

Chicken 2 | 4 Shrimp 4 | 6.5 Salmon 6 | 10

SANDWICHES

all sandwiches come with soup, salad or side. Add bacon +1

Syren's Famous Burger* (Kcal. 1120 | Sodium 1760 mg | Carbs 84g) 7
beef patty, white cheddar, iceberg lettuce, tomato, onion, and roasted tomato balsamic aioli on a brioche bun

Monte Cristo (Kcal. 710 | Sodium: 1600mg | Carbs 57g) 7
Hills pit ham, smoked turkey, Swiss and gouda sandwich, sourdough dipped in an a French toast batter and pressed in a waffle iron; sprinkled with powdered sugar and served with raspberry jam

✓ **Vegetarian Burger** (Kcal. 726 | Sodium 1347mg | Carbs 84g) 7
Vegetarian burger served on a brioche bun topped with mayonnaise, lettuce, tomato, red onion and tomato aioli (substitute chicken breast, black bean patty, tofu or portabella mushroom upon request)

Build Your Own Sandwich 5
Bread: white, wheat, sourdough or rye Half Sandwich 3

Condiments: tomato balsamic aioli, mustard, mayonnaise

Meat: turkey breast, black forest ham, bacon

Cheese: cheddar and swiss

Fixings: bibb lettuce, heirloom tomato, sliced onion

Asterisk * denotes items that can be cooked to your specification. Consuming raw or undercooked meats, seafood, shellfish or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.

PASTA

- ✓ **Build Your Own Pasta** (nutritional value depends on selection) 4
choice of one sauce: pesto, marinara, creamy marinara, alfredo, OR butter and cheese Half Order 3
choice of one noodle: spaghetti, penne, angel hair or gluten free pasta;
served with choice of one side
- ✓ **Mediterranean Angel Hair Pasta** (Kcal. 750 | sodium 600mg | Carbs 110g) 6
angel hair pasta tossed with olive, tomato, onion, mint and Half Order 4
basil and feta cheese; choice of one side
- T Shrimp Scampi** (Kcal. 340 | sodium 1023mg | Carbs 28g) 7.5
shrimp tossed with garlic, tomato, lemon, parsley, white wine Half Order 5
and butter over spaghetti; choice of one side
- ✓ **Mac & Cheese** (Kcal. 820 | sodium 875mg | Carbs 73g) 4
cheddar, Monterey jack, onions, carrots, celery, Half Order 3
cream and ground white pepper tossed with gluten free noodles and served with a choice of one side

ADD-ONS

Grilled Chicken or Chicken Parmesan 2 | 4 Shrimp 5.5 | 8 Salmon 6 | 10 Veggies 1 | 2 Tofu 1 | 2 Bison Sausage 3 | 5

ENTRÉE (half orders all served with one side)

Certain entrees can be made with tofu or vegetables designated by **T**

- Homestyle Meatloaf** (Kcal. 515 | sodium 790mg | Carbs 18g) 6
meatloaf with a thyme-infused demi-glace, topped with caramelized Half Order 4
onions and garlic; served with a choice of two sides
- ✓ **Omelet** (Kcal. 270 | sodium 850mg | Carbs 2g) 5
with a choice of 3 fillings: peppers, mushrooms, onions, tomato, cheese, ham, bacon or tofu;
served with a choice of one side
- Filet Mignon*** (Kcal. 250 | sodium 410mg | Carbs 0g) 8.5
6 ounce filet mignon seasoned with salt and pepper, cooked to order and served with béarnaise and choice
of two sides
- T Lamb Kabobs *** (Kcal. 275 | sodium 650mg | Carbs 11g) 8
two grilled kabobs with marinated lamb cubes cooked medium rare skewered with tomato, bell peppers and
onions ; served with choice of two sides
- Ora King Salmon*** (Kcal. 410 | sodium 570mg | Carbs 2g) (Marlborough Sounds, New Zealand) 8
salmon pan-seared and finished with Chef's choice flavored beurre blanc and served with choice of two sides
- T Orange Chicken** (Kcal. 800 | sodium 1300mg | Carbs: 68g) 6
fried chicken, glazed with orange juice, orange marmalade, ginger, gluten free Half Order 4
soy sauce and tossed with peppers and onions served over jasmine rice with a choice of one side
- Alice Springs Chicken** (Kcal 490 | Sodium 400mg | Carbs 5g) 7
roasted chicken breast topped with bacon, mushroom, cheddar, Swiss and honey mustard; served with a
choice of two sides
- Chef Jason's Chili** (Kcal. 600 | sodium 1000mg | Carbs 53g) 7
smoked brisket, diced pork, pinto, black and kidney beans, diced tomato garnished with green onion and
cheese; served with cornbread and honey-butter and choice of one side
- Chef Jason's Fish and Chips** (Kcal. 370 | sodium 780mg | Carbs 42g) **No substitutions available** 5
beer-battered cod served with fries, coleslaw, and tartar sauce

SIDES 1.5

mashed yukon gold potato
sautéed lentils
cup of soup
sweet potato fries
fries
baked sweet potato

baked potato
broccoli
baby carrots
seasonal vegetable
sautéed spinach
small salad
sautéed squash

green beans Lyonnaise
garden mixed vegetables
fruit cup
jasmine rice
steamed peas
sautéed mushrooms

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