

GS Denotes a dish that is made without gluten or can be made gluten friendly

V Denotes a dish that is vegetarian or can be made vegetarian

SMALL PLATES

- GS**

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

5.5 | 8.5
- Chicken Wings (8)** (Kcal.140 | Sodium 1030 mg | Carbs 25g)
Choice of buffalo, BBQ, salt & pepper, salt and vinegar; served with carrots and celery and ranch.

5.5 | 8.5
- GS**

Salmon Bites (Kcal.273 | Sodium 395 mg | Carbs 29g)
Tender pieces of salmon seasoned with lime salt and brown sugar and sautéed. Make it a bowl; half the protein and served with rice and broccoli.

10 | 13
- GS**

Steak Bites (Kcal.273 | Sodium 395 mg | Carbs 29g)
Steak pieces grilled and served with a sweet and spicy dipping sauce (make it a bowl; half the protein and served with rice and broccoli).

8.5 | 11.5

SOUP DU JOUR

Cup 1.75 | 3.75 Bowl 3 | 6

SALADS *(Nutritional information based on small salad. Proudly use organic greens)*

- GS**

Baby Romaine Caesar Salad* (Kcal. 223 | Sodium 172mg | Carbs 7g)
Romaine lettuce, bacon, croutons, parmesan crisp, cherry tomatoes with Caesar dressing

Small 2 | 5
Large 4 | 7
- GS** **V**

Syren’s Grille Salad (Kcal. 393 | Sodium 137mg | Carbs 33g)
Mixed greens, apples, strawberries, cranberries, feta, candied walnuts, and champagne vinaigrette.

Small 3 | 6
Large 5 | 8
- GS** **V**

Garden Salad (Kcal. 188 | Sodium 564 mg | Carbs 7g)
Mixed greens, tomato, carrot, onion, chickpeas, sunflower seeds, croutons and choice of dressing (ranch, Caesar, thousand island, honey mustard, champagne vinaigrette).

Small 2.5 | 5.5
Large 5 | 8
- GS** **V**

Fiesta Salad (Kcal. 512 | Sodium 315mg | Carbs 18g)
Romaine lettuce, tomatoes, black olives, corn, pico de gallo, bell peppers, feta or vegan cheese, avocado, corn tortilla strips and served with a cilantro– lime vinaigrette dressing (add Mexican seasoned tofu for \$2).

Small 3 | 6
Large 5 | 8

ADD-ONS

GS Chicken 2 | 5 Shrimp 4 | 7 Salmon 9 | 12 Tofu 2 | 5 Avocado .75 | 1.5

SANDWICHES *Most sandwiches can be made vegetarian and/or with gluten free bread/bun or lettuce wrap. All sandwiches come with choice of soup, salad or side. Add bacon +1. Add avocado +.75*

- Syren’s Famous Burger*** (Kcal. 1070 | Sodium 1559 mg | Carbs 84g)

7 | 10

Beef patty, cheddar cheese, lettuce, tomato, onion, and roasted tomato-balsamic aioli on a brioche bun (chicken burger, black bean patty, Dr. Praeger’s, Impossible burger and portabello mushroom cap available).
- Croque Madame** (Kcal. 585 | Sodium: 1885mg | Carbs 48g)

6 | 9

Grilled ham and Swiss cheese on sourdough bread with Mornay sauce (flour, milk, Beecher’s Cheddar cheese, salt and pepper), topped with an over easy egg (not gluten sensitive).
- Fried Chicken Sandwich** (Kcal: 789 | Sodium: 1357mg | Carbs: 57g)

6 | 9

Chicken breast, dredged in gluten free flour and fried, served on a brioche bun topped with a fried green tomato, bacon-mayo, lettuce, and pickle.
- Build Your Own Sandwich** (nutritionals based on selection)

5 | 8

Bread: white, wheat, sourdough or rye

Condiments: tomato balsamic aioli, mustard, mayonnaise

Meat: turkey breast, black forest ham, bacon, egg salad, tuna salad

Cheese: cheddar and Swiss

Fixings: lettuce, tomato, sliced onion, pickle

Half Sandwich 3 | 6

GS

PASTA

all pastas can be made with gluten free pasta and/or vegetarian and all pasta dishes served with garlic bread and choice of one side (nutritionals vary based on choices)

Build Your Own Pasta

Half Order 4 | 7 Full 7 | 10

Choice of one sauce: pesto, marinara, red meat sauce (\$2 I \$5), alfredo, white-wine butter, carbonara, OR scampi

Choice of one noodle: spaghetti, penne, whole-wheat or gluten-free pasta.

Rotating Ravioli

Half Order 5 | 8 Full 8 | 11

Chef’s choice ravioli, rotating weekly, with choice of sauce.

Beecher’s Mac-n-Cheese

(Full: Kcal. 565 | sodium 509mg | Carbs 58g)

Half Order 5 | 8 Full 8 | 11

Macaroni noodles tossed in a creamy Beecher’s cheddar cheese sauce (not gluten sensitive).

ADD-ONS

Chicken 2 | 5 Shrimp 4 | 7 Salmon 9 | 12 Tofu 2 | 5 Chicken Parmesan 3 | 6

ENTRÉE

Pork Chop*

(Kcal. 519 | sodium 875mg | Carbs 37g)

7 | 10

8 ounce bone-in chop, cooked to order, topped with a seasonal fruit compote; served with a crispy polenta cake and a choice of vegetable.

Filet Mignon*

(Kcal. 475 | sodium 260mg | Carbs 0g)

Market Price

Six ounce filet mignon cooked to order and seasoned with salt and pepper, topped with a seasonal compound butter; served with a potato gratin and choice of vegetable.

King Salmon*

(Kcal. 410 | sodium 88mg | Carbs 2g)

Market Price

Salmon pan-seared to order and finished with lemon; served with choice of starch and vegetable.

Albacore*

(Kcal: 375 | Sodium mg 489 | Carbs 40g)

9 | 12

Tuna seasoned with salt and pepper, seared rare and served over bagna cauda (sauce made of butter, garlic, shallots, anchovy and herbs); choice of starch and vegetable.

Fish and Chips

(Three piece: Kcal. 750 | sodium 1600mg | Carbs 70g) *Substitute both sides for a small salad* Two piece 5 | 8 Three piece 7 | 10

House-made beer-battered cod; served with fries, coleslaw, and tartar sauce.

Honey Walnut Shrimp

(Kcal. 579 | sodium 773mg. | carbs 18mg)

Half Order 6 | 9 Full 9 | 12

Breaded corkscrew shrimp, fried and tossed in a honey-walnut sauce (mayo, honey, orange juice); served with jasmine rice and choice of one side.

Cheese pizza or Build Your Own Pizza

(Kcal. 954 | sodium 850mg. | carbs 28mg)

6.5+ | 9.5+

Cauliflower pizza crust with marinara and Italian cheese; choose up to three toppings, \$.50 each. Topping choices: salami, ham, pepperoni, bacon, bell pepper, spinach, olives, chickpeas, onion, mushrooms, tomatoes, squash; choice of one side.

Roast Chicken

(Kcal. 297 | sodium 550mg. | carbs 11mg)

5 | 8

Mrs. Dash seasoned chicken breast, roasted and served with a choice of two vegetables (salads excluded)

Dishes denoted with the apple can be made heart healthy (steamed OR roasted, seasoned with Mrs. Dash and choice of two vegetables (salads excluded)).

SIDES 1.5 | 2

cup of soup

steamed spinach

sweet potato fries

seasonal vegetable

steamed peas

fries

sautéed seasonal squash

coleslaw

baked sweet potato

garden mixed vegetables

sautéed mushrooms

baked potato

steamed broccoli

steamed green beans

jasmine rice

steamed carrots

fruit cup

cauliflower rice

steamed corn

potato chips

mashed yukon gold potato

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.