



Grilled Chicken Breast

Lightly Grilled Chicken Breast

Seared Cod

Cod loin; pan seared and lightly Seasoned

Breaded Catfish

One Piece of Breaded Catfish Fried Golden Brown

Popcorn Shrimp

Tail off shrimp, fried with a crispy lightly seasoned batter.

Chicken Wings

Four Southern Fried Chicken Wings w/ Dipping Sauce

Chicken Tenders

Two Boneless White Meat Chicken Tenders. Served with Choice of Dipping Sauce

Chicken Wrap

Grilled or Breaded Chicken with Lettuce, Cheddar Cheese & Ranch Dressing Wrapped in a Flour Tortilla

Include Choice of Sides:

Chips, French Fries, Macaroni & Cheese Green Beans, Corn, Potato Salad, Cottage Cheese, Cole Slaw & Side Salad

Three Sisters Chef Salad

Mixed Greens, Ham, Egg, Diced Tomato, Cheddar Cheese with Choice of Dressing

Chicken Caesar Salad

Grilled or Breaded Chicken Breast, Romaine Lettuce, Italian Blended Cheese, Topped with Onions & Croutons

Deluxe Chef Salad

Turkey, Mixed Greens, Grape Tomatoes, Egg, Cucumber, Bell Pepper, Cheddar Cheese

Small Side Salad

Mixed Greens, Tomato, Cucumber, Cheddar Cheese

Vegetable Plate

Choice of available Fresh Vegetables such as Cucumber Wedges, Celery Strips, Tomatoes, Green Peppers & Carrot Sticks w/ Dipping Sauce

All Salads Come With Choice of Dressings:

Ranch, French, Italian, Honey Mustard, Blue Cheese, Caesar or Thousand Island.

Fruit Plate

Choice of Fresh Fruit such as Watermelon, Cantaloupe, Honeydew Pineapple, Oranges, Grapes and Strawberries

Fruit Plates Include Choice of:

Chicken or Tuna Salad, Cottage Cheese

Chicken Sandwich

Breaded or Grilled Chicken On Toasted Bun w/Lettuce, Tomato, Onion
Choice of Chips or Fries

Deli Sandwich

Your Choice of Ham, Beef or Turkey served on Choice of Bread with Cheese, Lettuce, Tomato, Onion.
Choice of Chips or Fries

Monon Special

1/4 Pound Angus Beef served with Lettuce, Tomato, Onion, Cheese
*Veggie Burgers also Available
Choice of Chips or Fries*

Breaded Tenderloin Sandwich

Breaded Tenderloin on Bun with Lettuce, Tomato and Onion
Choice of Chips or Fries