

Longworth Café

Week of October 31, 2011

Week 2

Pomegranate Festival	Monday October 31	Tuesday November 1	Wednesday November 2 Pomegranate Festival	Thursday November 3	Friday November 4
<b>Soup</b> 8oz. \$2.00 12oz. 2.65 16oz. \$3.25	Italian Squash	House Bean, Ham	Roasted Root Vegetable, Pomegranate*	House Bean, Ham	Pasta Fagioli*
<b>Soup</b> 8oz. \$2.00 12oz. 2.65 16oz. \$3.25	Cream of Spinach*	Barley, Wild Mushroom*	Chicken Noodle	Vegetable Rice*	She' Crab
<b>Chili</b> 8oz. \$2.55 12oz. \$3.10 16oz. \$3.60	Spicy Turkey Chili	Spicy Turkey Chili	Spicy Turkey Chili	Spicy Turkey Chili	Spicy Turkey Chili
Road Trip Across America: Low Country Main Course	Frogmore Shrimp Stew \$7.95	Frogmore Shrimp Stew \$7.95	Chicken Bog Pilau, Sausage \$6.25	Chicken Bog Pilau, Sausage \$6.25	GYROS Chicken Beef
Main Course	Pan Fried Sea Bass \$6.95	Pan Fried Sea Bass \$6.95	Calabash Popcorn Shrimp \$7.95	Calabash Popcorn Shrimp \$7.95	Shredded Lettuce Shredded Mozzarella Crumbled Feta
Hot Sides: \$1.25	Hoppin John Okra, Tomatoes	Hoppin John Okra, Tomatoes	Hush Puppies Spaghetti Squash	Hush Puppies Spaghetti Squash	Diced Tomatoes Diced Cucumber Tzatziki Sauce
Cold Sides: \$1.25	Homemade Cole Slaw Beet Salad, Cornbread Croutons, Country Ham Deviled Eggs, Smoked Bacon	Homemade Cole Slaw Beet Salad, Cornbread Croutons, Country Ham Deviled Eggs, Smoked Bacon	Homemade Cole Slaw Beet Salad, Cornbread Croutons, Country Ham Deviled Eggs, Smoked Bacon	Homemade Cole Slaw Beet Salad, Cornbread Croutons, Country Ham Deviled Eggs, Smoked Bacon	Plain Pita Wheat Pita
<b>Pizza (per slice)</b> \$3.50	Supreme Topping	Pesto Tomato and Red Onions*	Barbeque Beef	Eggplant, Mushrooms and Onions*	Chicken Fajita*
<b>Grill Special</b> \$5.25	Steak - Cheese	Grilled Tomato, Basil, Mozzarella, Grain Bread	Monte Cristo	Bacon, Mushroom, Onion, Cheddar Cheese Burger	Bacon, Tomato Tuna Melt
<b>"Fit" Specialty Salads</b>	Tuna Nicoise	Lemon Poached Chicken, Asparagus, Watercress	Five Grain Salad, Cranberries, Oranges*	Peppered Beef, Arugula, Asparagus, Red Onion, Parsley	Salmon, White Beans, & Lemon Salad
<b>"Fit" Specialty Sandwich</b>	Vegetarian "PLT"*	Roasted Turkey, Apple Walnut Compote, Whole Wheat	Poached Wild Salmon, Cucumber, Tomato, Dill Yogurt, Black Bread	Slow Roast Chicken, Roasted Zucchini, Lemon Yogurt Sauce, Pita	Cumin Crusted Chicken Breast, Whole Wheat Pita
Tossed Salad \$5.00, \$6.25, \$6.50 \$6.95	Smoked Paprika Crusted Pork Tenderloin, Frisee, Endive, Fennel, Mustard Seed Vinaigrette	Crispy Chesapeake Oyster Caesar Salad	Pulled Roast Duck, Beets, Chevre, Baby Spinach, Pistachios, Port Wine Dressing	Chicken Salad, Bibb Lettuce, Oranges, Feta, Candied Walnuts	Seared Local Bay Scallops, Oranges, Jicama, Watercress, Pomegranate
<b>Global Table</b> \$.55 per oz.	Japan	Spain	Pacific Rim	Peru	Tailgate Friday 49ers vs. Redskins
<b>BBQ Station</b> \$6.50 \$6.95	Beef Paprika  Steamed Buttered Brussels Sprouts*  Apple Cranberry Crisp*	Southern Fried Pork Chop  Steamed Broccoli, Sweet Corn*  Apple Cranberry Crisp*	Roasted Turkey Breast  Mushroom Tempura*  Apple Cranberry Crisp*	Traditional Meat Lasagna  Steamed Cauliflower, Carrots*  Apple Cranberry Crisp*	Hazelnut Crusted Rainbow Trout  Maple Mashed Sweet Potatoes  Steamed Baby Carrots*  Apple Cranberry Crisp*

\* Denotes Vegetarian Dish