

SAMPLE CAFE LUNCH MENU



THE FOOTHILLS
RETIREMENT COMMUNITY
Presbyterian Communities of South Carolina

Please see sample Foothills Dining Menu for additional options.

LUNCH SPECIALS

Chicken Fried Steak

Served with mashed potato and gravy

Scampi

Sautéed shrimp, vegetables and white wine butter sauce served over bowtie pasta

Stir Fry Pork

Served over rice with Asian vegetable blend

Garden Burger

Served with French fries

Fish of the Day: Catfish

Vegetable of the Day: Green Beans

APPETIZERS

Cup or Bowl of the Soup du Jour:

Italian Wedding

SIDES

Seasonal Fresh Fruit

Vegetable of the day

French Fries

Baked Potato

Baked Sweet Potato

Sweet Potato Fries

SALADS

Salad Dressings: Honey Mustard, Ranch, Thousand Island, Italian, Balsamic Vinaigrette, Raspberry Vinaigrette, Blue Cheese and Caesar

Grilled Chicken Caesar

Grilled Chicken, romaine lettuce, Parmesan cheese, and Caesar dressing

Greek Salad w/Chicken

Black olives, feta cheese, onion, pepperoncini, cucumber and tomato on chopped romaine with house made Greek dressing

SANDWICHES

All sandwiches are served dressed with lettuce and tomato and a pickle spear

Deluxe Cheese Burger

(391 kcal, 19 gm fat, 26 gm cho, 484 mg na)
¼ lb. beef burger with your choice of cheese

Reuben

(420 kcal, 23 gm fat, 33 gm cho, 1447 mg na)
Corned beef, sauer kraut, Thousand Island and Swiss on toasted rye

Grilled Chicken Sandwich

(305 kcal, 8 gm fat, 27 gm cho, 302 mg na)
¼ lb. Chicken Breast on a soft bun

Chicken Salad

Sandwich or Plate
(397 kcal, 20 gm fat, 27 gm cho, 434 mg na)
Served on lettuce or Croissant

Ultimate Grilled Cheese Sandwich

(502 kcal, 36 gm fat, 31 gm cho, 1315 mg na)
Your choice of American or Swiss on choice of bread with bacon and tomato

BBQ Sandwich

(418 kcal, 12 gm fat, 46 gm cho, 656 mg na)
House made slow roasted pulled pork with BBQ sauce and slaw

Southwest Chicken Sandwich

(405 kcal, 14 gm fat, 34 gm cho, 356 mg na)
Breaded Chicken with avocado spread and fresh salsa on a soft bun

Pimento Cheese Bruschetta

(405 kcal, 14 gm fat, 34 gm cho, 356 mg na)
House made pimento cheese with fresh tomato, cilantro and red onion served on toast points

ENTREES

Chicken Tenders

(313 kcal, 16 gm fat, 16 gm cho, 665 mg na)
Deep Fried chicken strips served with honey mustard dipping sauce

Grilled Chicken Plate

(147 kcal, 4 gm fat, 0 gm cho, 238 mg na)
Marinated grilled chicken served with sliced tomatoes, lettuce and pickle spear

Crab Cake

(265 kcal, 8 gm fat, 10 gm cho, 880 mg na)
Maryland style crab cake, served with chef's vegetable

Foothills Chicken

(535 kcal, 23 gm fat, 36 gm cho, 1016 mg na)
Marinated chicken breast grilled and topped with mushrooms, bacon a touch of honey and Swiss Cheese

Deluxe Turkey Wrap

(360 kcal, 17 gm fat, 30 gm cho, 1365 mg na)
Sliced turkey and Swiss with lettuce, tomato and Caesar dressing spread in a spinach or tomato basil wrap.

BBQ Plate

(418 kcal, 12 gm fat, 46 gm cho, 656 mg na)
House-made slow-roasted pulled pork with BBQ sauce, French fries and slaw

Stuffed Jumbo Potato

(455 kcal, 18 gm fat, 38 gm cho, 356 mg na)
Stuffed with bacon, mushrooms, broccoli and cheese

All meals proudly created with healthful, sustainable ingredients.

Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness, especially if you have a medical condition

Dietary preferences can be accommodated upon request.