

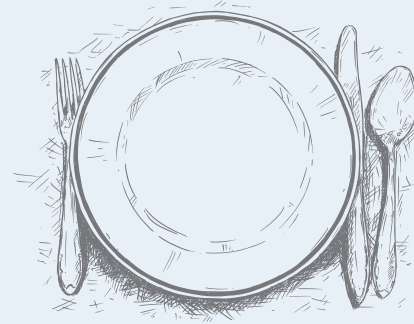
STARTERS

House Salad 🌿❤️

salad greens, cucumbers, cherry tomato, red onions

Seasonal Fruit 🌿❤️

Fresh Watermelon 🌿❤️



ENTRÉE SALADS

Trio Salad ❤️

chicken salad, tuna salad, pimento cheese, fresh fruit, crackers

Greek Salad 🌿🌿❤️

salad greens, cherry tomato, cucumbers, kalamata olives, feta cheese, lemon vinaigrette
add chicken | add salmon

Chef Salad 🌿🌿❤️

salad greens, ham, turkey, diced egg, cheddar cheese, cherry tomato, dressing of choice

HANDHELDS

Served with your choice of french fries, onion rings, or tater tots

Classic Burger 🌿🌿

angus beef, american cheese, leaf lettuce, sliced tomato, red onions

Homestyle Chicken Tenders 🌿🌿

homestyle chicken tender, pepper gravy, texas toast

Haute Dog

grilled nathan frank, caramelized onions, stone ground mustard

Chicken Salad Wrap 🌿

grilled chicken breast, applewood bacon, sliced avocado, sliced tomato, leaf lettuce

Nashville Chicken Sandwich

crispy fried chicken, hot honey, cabbage slaw, pickles

Baja Fish Taco

flour tortilla, beer battered cod, shredded cabbage, cilantro lime aioli, pico de gallo



MINDful
Menu Choice



Gluten-free
Option



Vegetarian
Option

Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness.



The Bluffs

OF
FLAGSTAFF

SENIOR LIVING

PASTA

Tortellini Alfredo

ricotta-filled tortellini, alfredo sauce, parmesan cheese, fresh herbs
add chicken

Linguine Pesto 🌿🌿❤️

linguine pasta, fresh basil pesto, parmesan cheese, cherry tomato, garlic
add chicken | add shrimp

Pasta Pomodoro 🌿🌿❤️

spaghetti pasta, fresh tomato, garlic, basil, olive oil
add chicken | add shrimp

ENTRÉES

Served with your choice of two sides

Country Fried Steak

breaded beef cutlet, pepper gravy

Catch of the Day ❤️

ask your server about today's selection

Gulf Fried Shrimp

crispy gulf shrimp, lemon, cocktail or tartar sauce

SIDES

Loaded Baked Potato

Baked Sweet Potato ❤️

Sautéed Vegetables ❤️

Fried Okra

Grilled Asparagus ❤️

Sautéed Mushrooms ❤️

Yellow Squash ❤️

SUGAR RUSH

Daily Cobbler

add ice cream

Sugar Free Dessert

Ice Cream

Blue Bell  Ice Cream

BREAKFAST

Buttermilk Pancakes

two buttermilk pancakes, applewood
bacon or sausage, two eggs cooked to order

Belgian Waffles

belgian waffle, warm maple syrup,
bacon or sausage, two eggs cooked to order

Biscuits & Gravy

buttermilk biscuits, pepper gravy,
bacon or sausage, two eggs cooked to order

French Toast

sourdough bread, vanilla custard, powdered sugar,
bacon or sausage, two eggs cooked to order

Two Egg Breakfast

two eggs cooked to order, white, wheat, or
raisin toast, bacon or sausage

Breakfast Croissant

warm croissant, fried egg,
bacon or sausage, cheddar cheese

Build Your Own Breakfast Omelet

Pick your ingredients, and we'll make it just how
you like! Served with toast and your choice of
hash browns or fresh fruit.

applewood bacon

cheddar cheese

red onion

sausage

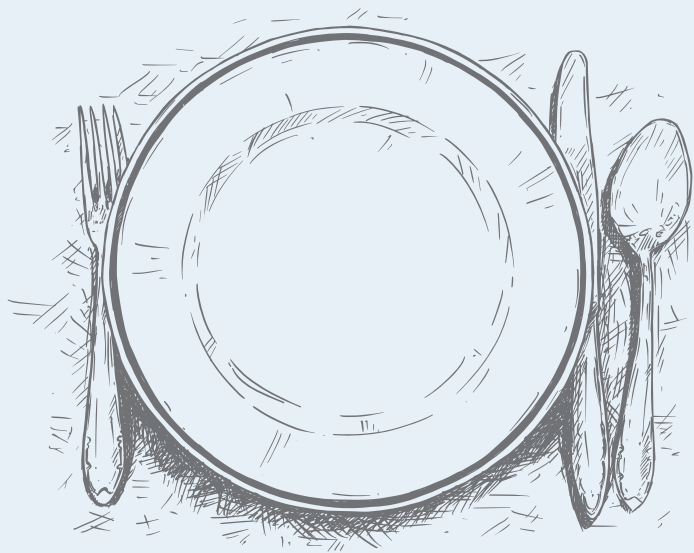
bell pepper

mushrooms

fresh spinach

pickled jalapeño

cherry tomato



BEVERAGES

Coffee

Decaf Coffee

Apple Juice

Orange Juice

Cranberry Juice

Hot Tea

SIDES

Oatmeal

Yogurt

Fresh Fruit

White/Wheat Toast

Raisin Toast

Hash browns



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