

Always Available Menu

EXCLUDING BRUNCHES & HOLIDAYS

Appetizer

SHRIMP COCKTAIL + \$6.50

5 jumbo shrimp served on a bed of shredded lettuce with cocktail sauce

160 kcal 875 mg na

HOUSE SALAD

Choice of dressing

25 kcal 12 mg na

Entree Salad

CHICKEN CLUB SALAD

Chopped romaine lettuce, grilled chicken breast, bacon, hard boiled egg, fresh tomatoes, cucumber, cheddar cheese, served with a rosemary ranch dressing

570 kcal 800 mg na

Entrees

* **FILET MIGNON** +\$5.00

6oz filet cooked to order, served with a wild mushroom demi or rosemary & garlic butter

420 kcal 75 mg na

CHICKEN BREAST

Grilled or Sautéed

220-270 kcal

150-210 mg na

SALMON

Grilled or Poached

200-240 kcal

20-390 mg na

RAINBOW TROUT

Grilled or Sautéed

270-330 kcal

165-225 mg na

Palms Features

BURGUNDY CHICKEN

Pan seared chicken breast with a roasted chicken demi glaze, mushrooms, diced tomatoes, garlic shallots, & rosemary

220 kcal 710 mg na

WESTERN BBQ BURGER

Hamburger patty with BBQ sauce, melted cheddar cheese, onion ring, lettuce, & tomato on a bun

550 kcal 500 mg na

GARLIC CHICKEN PASTA

Chicken breast with pasta, bacon, spinach, in a sun dried tomato sauce

550 kcal 700 mg na

STIR FRY

Broccoli, red bell peppers, carrots, water chestnuts, & snow peas tossed in stir fry sauce served over white rice

Chicken or Salmon

865 kcal 1493 mg na

OMELET

Your choice of plain, American, Swiss, or Cheddar Cheese, Ham, Onions, Mushrooms, & Peppers

Plain - 420 Kcal

380 mg na

Accompaniments

MASHED POTATOES WITH GRAVY

138 kcal 185 mg na

BAKED POTATO

211 kcal 17 mg na

BAKED SWEET POTATO

98 kcal 11 mg na

SHOESTRING FRIES

120 kcal 30 mg na

BAKED BEANS

382 kcal 1068 mg na

WHITE RICE

675 kcal 9 mg na

STEAMED CARROTS

30 Kcal 38 mg na

ASPARAGUS

25 Kcal 1 mg na

GREEN BEANS

20 Kcal 3 mg na

BROCCOLI

31 kcal 30 mg na

LOW SODIUM SOUP

Chicken Noodle, Tomato, Vegetable

80-150 Kcal

50-115 mg na

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

Calorie/Sodium counts are estimated. 2/20