

Appetizers

Cauliflower Croquettes



Roasted cauliflower and ancient grains with red pepper aioli.

Potato Skins *Can be prepared



Fried potato skins loaded with cheddar cheese broccoli or bacon.

Shrimp Cocktail



Poached shrimp, chilled and served with cocktail sauce and lemon.

Soup Kettle

Daily we offer: Chicken Noodle, Tomato, & Soup of the Day

*Try a combo: Choose a steaming cup of soup, a refreshing side salad, and a delicious sandwich from today's selection.

Entrée Salads

Roasted Squash and Beet Salad



Roasted butternut squash, sliced beets, toasted walnuts, red onions, feta cheese on a bed of baby spinach.

Tranquility House Salad



Blend of romaine and spinach with cherry tomato, cucumber, red onion & croutons.

Shaved Brussels Sprout and Fennel Salad



Freshly shaved brussels sprouts, sliced fennel, red onion, dill and parmesan cheese.

Tuna Salad, Chicken Salad or



Cottage Cheese Fruit Plate



Freshly prepared tuna salad, chicken salad or cottage cheese nestled in a bed of shredded lettuce, accompanied by fresh fruit.

Dressings: Ranch, Bleu Cheese, Italian, French, Thousand Island, Raspberry Vinaigrette, Caesar, Balsamic Vinaigrette, Honey Vinaigrette.

 Low sodium - denotes less than 140mg per serving

 No Sugar Added

 Vegetarian

 Gluten Free

Dinner Entrées

Served with soup or side salad, vegetable of the day and choice of one side:
Tossed salad, Caesar salad, French fries, homemade potato chips, sweet potato puffs,
baked potato, baked sweet potato, mashed potatoes, rice pilaf.

Tenderloin Medallions * Can be prepared

Pan seared twin tenderloin medallions with demi-glace.

Pulled Chicken Bowl * Can be prepared

Shredded BBQ chicken served over brown rice with black beans & corn salsa,
avocado, diced tomato, diced cucumber, coleslaw, and cilantro

Pesto Salmon

Oven broiled pesto and parmesan encrusted salmon on marinated tomatoes.

Eggplant Bruschetta

Breaded eggplant, marinated tomatoes, mozzarella and
parmesan cheese baked on ciabatta bread.

Fish & Chips * Can be prepared

Lightly battered Atlantic Cod served with lemon and tartar sauce.

* Broiled Cod available upon request.

Forest Chicken

Grilled chicken breast topped with melted Swiss cheese
and mushroom sherry cream sauce.

Veal Florentine Marinara * Can be prepared

Sautéed flour dusted veal cutlet served
with spinach simmered in marinara.

Zucchini Bean Ragout

Sautéed zucchini, navy beans, diced tomato, onions and
spinach simmered in tomato vegetable stock.

Dessert

Tiramisu

Made with espresso soaked lady fingers layered with mascarpone and whipped cream, dusted with Dutch cocoa.

Mini Lemon Layer Cake

Lemon sponge cake, lemon mousse, whipped topping and lemon candy sprinkle.

Ice Cream

Vanilla Bean *No sugar added available 

Chocolate

Black Cherry

Mackinac Island Fudge

Toppings: Hershey's chocolate syrup, vanilla cream, raspberry sauce, bourbon caramel, whipped cream.

Dessert of the Day

Inquire with your server for today's selection.

Kid's Menu

Mac & Cheese

Chicken Tenders & Fries

Hot Dog & Fries

Chicken Quesadilla

Grilled Cheese & Fries