



WATERSONG

SARGASSO'S

Light Fare

ENTRÉE SALADS & SANDWICHES · \$8

All sandwiches served with your choice of fruit, french or sweet potato fries

CLASSIC SPINACH SALAD

Fresh baby spinach with chopped egg and fresh sliced mushrooms, served with a warm bacon dressing

CAESAR SALAD

A traditional salad of crisp romaine, croutons, and Parmesan cheese tossed in a creamy Caesar dressing

GRECIAN ISLAND SALAD

Mixed greens, cucumbers, Kalamata olives, tomatoes, feta cheese, roasted red peppers & red onion with an herb vinaigrette

**Top any of the above salads with your choice of grilled chicken breast or our fresh catch of the day for \$3*

BROWN DERBY COBB SALAD

This is a tribute to one of America's greatest restaurants. Crisp greens topped with avocado, bacon, tomato, bleu cheese, chopped egg, chilled roasted chicken and old fashioned French dressing

TRIPLE DECKER CLUB

Just like you remember! Layers of sliced ham and turkey with lettuce, tomato, bacon, cheese, and mayo on toasted sourdough bread

CUBAN SANDWICH

Tender mojo roasted pork, sliced ham, pickles, Swiss cheese and mustard, grill pressed until crisp

CATCH OF THE DAY

Prepared grilled, Cajun, or fried and served on a toasted ciabatta roll with lettuce, tomato & a zesty tartar sauce

FLAME GRILLED CHEESEBURGER

Our 8oz. burger made fresh daily and served on a toasted ciabatta roll with American cheese and your choice of grilled onions, mushrooms or bacon

GRILLED BLT

A twist on the classic! Applewood smoked bacon and American cheese grilled on sourdough and dressed with crisp lettuce, tomato, and mayo

**Substitute any bread choice for wheat, rye, or ciabatta*

Wellness Selections

This section is inspired by our Wellness Program that promotes our members living longer, happier, healthier lives!

WELLNESS SELECTIONS · \$10

BRUSCHETTA BAKED CHICKEN

A boneless breast of chicken topped with bruschetta tomatoes and Parmesan cheese

Calories: 251 | Protein: 28g | Carbs: 10g | Sodium: 570mg | Fat: 10g



ROASTED PECAN CATCH OF THE DAY

Encrusted with a savory and sweet mixture of pecans, brown sugar, and Dijon mustard
Calories: 265 | Protein: 29g | Carbs: 9g | Sodium: 250mg | Fat: 9g

SAVORY PORK CHOP & APPLES

Tender baked pork with freshly spiced apples and a touch of sweet cream butter
Calories: 365 | Protein: 26g | Carbs: 27g | Sodium: 250mg | Fat: 12g

VEGETABLE STIR FRY

Seasonal vegetables mixed with ginger, sesame, lite soy sauce, and garlic
Calories: 67 | Protein: 3g | Carbs: 10g | Sodium: 129mg | Fat: 27g

Dinner Entrées

All entrées served with your choice of one vegetable and starch

ALL DINNER ENTRÉES · \$15

MONTREAL RIBEYE STEAK

A thick, juicy, hand-cut ribeye with our special Montreal dry rub grilled to your liking

CHICKEN AND VEGETABLE STIR FRY

Savory chicken and seasonal vegetables quickly stir fried with ginger, garlic, soy, sesame, and onions
Substitute or add shrimp for \$3

CHICKEN PARMESAN

Baked with Mozzarella and Parmesan cheeses and served on a bed of linguini marinara

SAUTÉED VEAL LIVER

Cooked to your specifications, smothered in onions, and topped with bacon

CATCH OF THE DAY

Served Cajun, grilled, baked, or scampi-style with lemon butter

GRILLED SHRIMP ALFREDO

Plump, grilled, local shrimp with a white wine Parmesan cream sauce served over linguini
Substitute sauce for marinara or aglio e olio



VEGETABLES:

Stewed Tomatoes and Green Beans · Steamed Seasonal Vegetable Medley
Buttered Sugar Snap Peas · Sautéed Spinach

STARCHES:

Sweet Potato Fries · French Fries · Baked Potato (sour cream upon request) · Basmati Rice

Live Long. Live Well. Live!

RESERVATIONS PLEASE: 321.253.7440 FOR CONCIERGE