

Captain's Cove Menu Descriptions

WEEK 1

Baked Red Snapper - Fresh red snapper baked with sliced tomato and grated Parmesan cheese.

Beef On Weck - Shaved top round of beef dipped in au jus and served on a kimmel weck roll.

Baked Sole - Panko bread crumb crusted sole baked and topped with a sauteed medley of diced zucchini, tomato, onion and capers.

Bone-In Pork Chop - Grilled and served with a mushroom shallot demi-glaze.

Bone-In Ham Steak - Grilled bone-in ham steak topped with a warm apricot fig reduction.

Corned Beef - Served with boiled cabbage, carrots and potatoes.

Hunter's Meatloaf - Baked ground veal and beef mixed with diced onions and yellow pepper topped with a mushroom merlot sauce.

Salmon - Seared and served with dill hollandaise sauce.

White Fish Oscar - Baked white fish topped with crabmeat, asparagus and bernaise sauce.

Chicken Capri - Marinated grilled chicken breast topped with basil, artichoke and sun-dried tomato sauce.

Sliced Sirloin - Sliced sirloin served with sauteed onion gorgonzola demi-glaze.

Lasagna - Layered flat noodles, ground beef, ricotta and tomato basil sauce.

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WEEK 2

Grilled Chicken Primavera - Penna pasta and sauteed garden vegetables tossed in a herb broth topped with julienne grilled chicken breast.

Pecan Tilapia - Baked pecan dusted tilapia served with orange butter sauce.

Open Face Turkey Sandwich - Sliced turkey breast over white bread topped with a pan gravy.

Grilled Chicken Salad - Grilled chicken mixed with raisins, chopped walnuts, gorgonzola and fresh mint served over mixed greens and seasonal berries.

Chicken Au Poivre - Baked lightly breaded chicken breast topped with a brandy peppercorn sauce.

Salmon - Grilled and served with teriyaki glaze.

Pork Chop Marsala - Slow roasted pork chop topped with a mushroom marsala sauce.

Cottage Pie - Ground beef, peas, carrots and corn baked with a mashed potato crust

Asian Chicken Kabobs - Teriyaki marinated kabobs of chicken, zucchini, squash, onion and pepper over jasmine rice.

Shrimp & Greens - Marinated grilled chicken breast topped with basil, artichoke and sun-dried tomato sauce.

BBQ Ribs - Slow cooked baby back ribs with a zesty bbq sauce.

Chicken And Biscuits - Homemade chicken and vegetable stew over warm biscuits.

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WEEK 3

Prime Rib - Slow roasted seasoned prime rib of beef served au jus.

Sole - Baked herb crusted sole served with lemon basil butter sauce.

Roast Pork Loin - Slow roasted mustard horseradish crusted pork loin with pan gravy served with a side of cornmeal stuffing.

Grilled Chicken - Herb vinegar marinated bone-in chicken served with a grilled vegetable salsa.

Beef Stroganoff - Beef tips and mushrooms in a sour cream gravy served over egg noodles.

Pesto Salmon - Grilled salmon topped with basil parmesan pesto sauce.

Yankee Pot Roast - Braised beef simmered in broth with potatoes, carrots, onions and celery.

Chicken Cordon Blue - Ham and cheese stuffed breaded chicken served with hollandaise sauce.

Fresh Catch - Fresh fish from the local docks this morning served with sliced lemon.

Stuffed Red Peppers - Tomatoes, ground beef and seasonings baked in a plump red pepper.

Lamb Shanks - Simmered in a seasoned stock of lemon, orange, carrots and onions.

Chicken Parmesan - Baked breaded chicken breast topped with mozzarella cheese and marinara sauce.