

Breakfast

CONTINENTALS

Continental Plate

Fresh fruit cup, Greek plain or strawberry yogurt. Pastry of the Day

Berry Parfait

Fresh berries, honey, granola topped with Plain Greek yogurt or strawberry low-fat yogurt and honey.

Hot Cereals

Oatmeal or Cream of Wheat
Served with raisins and brown sugar

Cold Cereals

Assorted cold cereals.
Ask your server for today's selections.

IVEY RANCH SPECIALTIES

Biscuits and Gravy

Toasted Buttermilk Biscuit
House Made Sausage Gravy

Country Benedict

Toasted Buttermilk Biscuit, Poached Eggs,
Applewood Bacon, House Made Sausage Gravy

Fairwinds Breakfast Burrito

Whole Wheat tortilla with scrambled eggs,
potatoes, bacon, and cheddar cheese.

Avocado Hash

Crispy Hash Browns Topped with Sliced
Avocado and 2 Eggs Cooked any Style

EGG DISHES

Omelets: Regular, Egg Whites, or Half-and-Half

Make it your way with veggies or meat – or both!

Two Egg Breakfast

Two eggs your choice, served with your
choice of bacon or sausage.

Spinach and Feta Egg White Scramble

Spinach sauteed with egg whites and lightly mixed with
feta cheese. Served with toast or English muffin.

Huevos Rancheros

Two corn tortillas griddled with over easy eggs,
roasted red salsa, and cheddar cheese.

Western Omelet

Our omelet with bell pepper, onions,
ham, egg, and cheddar cheese.

FROM THE GRIDDLE

Buttermilk Pancakes

Buttermilk pancakes with butter and syrup

Blueberry Pancakes

Our buttermilk pancakes with fresh blueberries.

Golden Waffle

Served with fresh berries, butter, and syrup.

French Toast

Thick sliced egg battered bread with fresh berries

SIDES

Egg (1), Bacon (2), Sausage (2), Toast, Hash Browns, Breakfast Potatoes, Bagel, Yogurt,
Fresh Fruit, Assorted Danish, Muffin of the Day, Cup of Berries

Lunch

Soup of the Day

Chef Choice Soup, Vegetable Soup or Low Sodium Soup

ENTRÉE SALADS

Berry Spinach Salad

Seasonal Berries, Toasted Almonds, Dried Cranberries with a Balsamic Vinaigrette

Caesar Salad

Fresh Romain lettuce with Parmesan Cheese, Croutons, Caesar Dressing. Add Grilled Chicken, Salmon, or Shrimp to make it an entrée

Balsamic Chicken Salad

Marinated-Grilled Chicken Breast, Radish, Tomatoes, Charred Corn, Romaine Lettuce and Blue Cheese Dressing

Classic Wedge Salad

Wedge of Iceberg, Blue Cheese Dressing, Chopped Bacon, Cherry Tomatoes, Scallions and Blue Cheese Crumbles

ENTRÉE SELECTIONS

Chef's Special

Ask your Server for Today's Chef Special

Lunch Entrées Served with a Choice of Soup Small Garden or Caesar Salad

Deli Sandwich

Your choice of Turkey, Roast Beef, Ham, Tuna or Egg Salad on your Choice of Bread.

Taco Salad

Seasoned Ground Beef and House Made Pinto Beans with Shredded Lettuce, Tomatoes, Cheese and Avocado Cream Served in a Tortilla Bowl

Fish and Chips

Two (2) Pieces of Beer Battered Cod Served with Fries, Coleslaw and Tartar Sauce

Light Entree

Choice of Grilled Salmon, Garlic Shrimp or Grilled Balsamic Chicken Breast with Your Choice of Side

Tuna Melt

Our Tuna Salad on Toasted Sourdough with Cheddar Cheese, Bacon and Avocado

Bacon Blue Burger

1/3 lb Burger with Applewood Bacon, Caramelized Onions, Cheddar Cheese and Blue Cheese Crumbles. Served with Lettuce, Tomato and Red Onion

Fried Chicken Sandwich

Buttermilk and Spice Marinated Crispy Chicken Breast Served on a Hamburger Bun with Mayo, Pickles, and Green Leaf Lettuce

Breakfast Plate

Choice of Two Eggs Fried or Scrambled or a Two Item Omelet with Choice of Bacon or Sausage

Dinner

Soup of the Day

Chef Choice Soup, Vegetable Soup or Low Sodium Soup

ENTRÉE SALADS

Berry Spinach Salad

Seasonal Berries, Toasted Almonds, Dried Cranberries with a Balsamic Vinaigrette

Caesar Salad

Fresh Romain lettuce with Parmesan Cheese, Croutons, Caesar Dressing. Add Grilled Chicken, Salmon, or Shrimp to make it an entrée

Balsamic Chicken Salad

Marinated-Grilled Chicken Breast, Radish, Tomatoes, Charred Corn, Romaine Lettuce and Blue Cheese Dressing

Classic Wedge Salad

Wedge of Iceberg, Blue Cheese Dressing, Chopped Bacon, Cherry Tomatoes, Scallions and Blue Cheese Crumbles

ENTRÉE SELECTIONS

Chef's Special

Ask Your Server for Today's Chef Creation

All Entrees Served with a Choice of Soup or Small Garden or Caesar Salad

Entrées Served with Choice of Mashed Potato, Baked Potato or Yam, Chef's Vegetable or Starch of The Day. Choose Two

Beef Ravioli

Served with a Potato Cream Sauce and Crispy Leeks with Fresh Basil

Pan Seared Scallops

Butternut Squash Cream and a Pomegranate Glaze Choice of Two Sides

Beef and Broccoli

Thinly Sliced Beef Sauteed with Onions, Broccoli and Teriyaki Sauce

Eggplant Parmesan

Breaded Eggplant, Angel Hair Pasta with Marinara Sauce and Garlic Toast

Light Entree

Choice of Grilled Salmon, Garlic Shrimp or Grilled Balsamic Chicken Breast and Choice of Two Sides

Grilled Beef Tenderloin

Four (4) Ounce Choice Steak with a Red Wine Demi-Glace Choice of Two Sides

Grilled Salmon

Char Grilled Salmon with a Salsa Verde Sauce Choice of Two Sides

Chicken Coq Au Vin

Red Wine Braised Chicken Leg with Aromatic Vegetables, Pan Gravy and Choice of Two Sides