

THE ACKERLY

AT SHERWOOD

Hours of Service

Breakfast: 7:00 - 8:45

Lunch: 11:30 - 1:30

Dinner: 4:30 - 6:30

BREAKFAST

***BREAKFAST COMBO**

2 eggs, hash browns
pancakes, bacon or sausage

NW BISCUITS N' GRAVY

2 biscuits, 2 eggs
sausage gravy + hashbrowns

BREAKFAST AL A CARTE

eggs, hashbrowns, bacon
sausage, pancakes, toast
bagel, english muffin
cold/hot cereal, yogurt
fresh fruit
avocado toast

BREAKFAST BOWL

scrambled egg, hashbrowns
bacon, sausage + cheese

CREPES

cream cheese + fruit compote

PrimeFit Wellness Special

CHICKEN SOUTHWEST BOWL

black beans, rice, roasted corn, peppers
onions, avocado, queso fresco + salsa

SIDE SALADS

HOUSE SALAD

tomatoes, cucumber
carrots + zucchini

CAESAR SALAD

romaine, parmesan
croutons + caesar dressing

ENTRÉE SALADS

CRANBERRY CHICKEN SALAD

mandarin oranges, candied pecans
dried cranberries + blue cheese

ASIAN CHICKEN SALAD

dried cranberries, sliced almonds
fried noodles + sesame seeds

SOUPS

SOUP OF THE DAY

ask your server about today's selection

HOT OFF THE GRILL

choose 1

grilled chicken breast, salmon filet
hamburger, black bean burger
beyond burger, garden burger

choice of 2 sides

SMOKED PORK

baked beans, fried pickles
sourdough bread + tangy carolina sauce

ROTATING RAVIOLI BOWL

homemade sauce
sourdough garlic bread

COCONUT LIME CHICKEN

green peas, saffron lentils
rice + dinner roll

EGGPLANT PARMESAN

orzo, caesar salad
sourdough garlic bread

FRENCH DIP

fries + side salad

SIDES

SEASONAL
VEGETABLES

RAW
VEGETABLES

STEAMED RICE

SWEET
POTATO

BAKED
POTATO

* The health department advises that consuming raw or undercooked meat, poultry, seafood, shellfish, or eggs may increase your risk of food-borne illness. Menu items may contain nuts and other allergens. Please let us know if you are allergic to any food items