

The Marketplace

WESTMINSTER CANTERBURY RICHMOND

LUNCH

MONDAY-SATURDAY, 11:30 A.M. - 2 P.M.
DINNER SUNDAYS ONLY, 5 - 7 P.M.
LIMITED DINNER MENU
CARRYOUT ORDERS 804-264-6259

SANDWICHES

CHOICE OF SIDE AND PICKLE SPEAR WITH LETTUCE & TOMATO

Club \$8.75

617 cal, 97mg cholest., 693mg sodium

BLT \$7.75

482 cal, 15mg cholest., 638mg sodium

Turkey & Cheddar \$6.75

448 cal, 47mg cholest., 415mg sodium

Ham & Swiss \$6.75

547 cal, 45mg cholest., 1140mg sodium

Grilled Cheese \$5.75

565 cal, 57mg cholest., 1317mg sodium
Add Bacon .50 | Add Tomato .50

Fried Chicken Sandwich \$9.75

757 cal, 56mg cholest., 1287mg sodium
Lettuce | Tomato | Cheddar Cheese |
Mayonnaise | Toasted Bun

Grilled Chicken Quesadilla \$8.75

1070 cal, 182mg cholest., 2420mg sodium
Salsa | Sour Cream

Marketplace Steak & Cheese \$9.75

832 cal, 124mg cholest., 1192mg sodium
Peppers | Onions | Provolone
| Toasted Hoagie

BBQ Brisket Sandwich \$9.75

843 cal, 116mg cholest., 1631mg sodium
Slaw | Toasted Bun

The Promenade Burger * \$9

884 cal, 70mg cholest., 1271mg sodium
Cheese | Lettuce | Tomato |
Onion | Toasted Bun
Garden burger available upon request

Hot Dog \$5

674 cal, 62mg cholest., 1682mg sodium
Choice of Side

A LA CARTE SIDES

\$2.50 Each

Cole Slaw | 173 cal, 5mg cholest, 230mgsodium

Fries | 170 cal, 0mg cholest., 26mg sodium

Sweet Potato Fries | 160 cal, 0mg cholest., 240mg sodium

Fruit | 24 cal, 0mg cholest., 3mg sodium

Mini Mixed Greens Salad | 197 cal, 3mg cholest., 224mg sodium

Mini Caesar Salad | 221 cal, 18mg cholest., 550mg sodium

Onion Rings | add \$1 | a la carte \$3.50

293 cal, 0mg cholest., 279mg sodium

DESSERTS

Du Jour

NSA Du Jour \$1.50

Homestead
Creamery Ice
Cream \$1.75

FRESH SOUPS

Soup du Jour

Cup \$2 Bowl \$3.25
Homemade daily

SALADS

Mixed Green Salad \$5.75

394 cal, 13mg cholest., 449mg sodium
Mixed lettuce | Mandarin oranges | Blueberries | Pistachio | Radish

Spinach Salad \$6.75

555 cal, 193mg cholest., 969mg sodium
Hard boiled eggs | Bacon bits | Pickled Onion | Sliced Almonds

Arugula Salad \$7.75

444 cal, 0mg cholest., 451mg sodium
Baby arugula | Roasted butternut squash | Shredded carrots
| Toasted pecans | Dried cherries

Chicken Caesar Salad \$6.75

590 cal, 110mg cholest., 1667mg sodium
Romaine | Parmesan | Croutons | House Caesar Dressing

Chicken or Tuna Salad Platter \$7.75

425 cal, 124mg cholest., 542mg sodium
Lettuce | Sliced Tomato | Pickle | Onion
Choice of side

ADD TO ANY SALAD AND MAKE IT AN ENTRÉE:

Grilled Chicken (171 cal, 88mg cholest., 77mg sodium) | **\$4.50**

Seared Salmon (230 cal, 61mg cholest., 65mg sodium) | **\$5.50**

DRESSINGS

Balsamic | Bleu Cheese | Ranch | Italian | Caesar | Poppyseed

Beverages

Milk | Juice | Coffee | Iced Tea | \$1.50
Coke | Diet Coke | Sprite | Ginger Ale | \$1.75