



# **FOUNTAIN PLAZA**

*Retirement Community*

## **MENU**

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### **OPEN DINING**

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7:00 A.M. TO 7:00 P.M.

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### **DAILY SPECIALS**

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LUNCH SPECIAL      11:00 - 2:00 p.m.

DINNER SPECIAL      4:00 - 6:30 p.m.

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### **BREAKFAST AVAILABLE ALL DAY**

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# FOUNTAIN PLAZA

## LUNCH & DINNER MENU

### BASKETS

#### CHICKEN TENDERS & FRIES

Crispy chicken tenders fried golden brown, served with your choice of barbecue, honey mustard, or ranch sauce and French fries

#### FISH & CHIPS

Golden-fried battered cod, served with French fries and tartar sauce

#### COCONUT PRAWNS

Golden-fried battered coconut prawns, served with cocktail sauce and a lemon wedge

#### DILL BUFFALO CHICKEN OR CAULIFLOWER WINGS

Crispy chicken or cauliflower tossed in a dill buffalo sauce, served with celery, carrots, and your choice of ranch or blue cheese

#### BEEF HOT DOG

Beef frank on a toasted bun (can add chili)

### SANDWICHES & SMASHBURGERS

#### CHEESE OR CHICKEN QUESADILLA

Grilled chicken or cheese quesadilla with sour cream, guacamole, and green onions

#### TURKEY MELT

Smoked turkey, green chiles, tomato, red onion, cheddar, and lemon aioli on focaccia bread

#### GARLIC HERB CHEESESTEAK

Thinly sliced steak, caramelized onions, bell pepper, provolone cheese, and a garlic parmesan aioli on a toasted ciabatta bread

#### HOT ITALIAN

Pepperoni, soppressata, Genoa salami, red onion, shredded lettuce, tomato, provolone cheese, Italian dressing, toasted ciabatta bread

#### CUBANO

Ham, mojo roasted pork, Swiss cheese, pickles, and mustard on a hoagie roll

#### CLASSIC CHEESEBURGER

Smashed caramelized burger with lettuce, tomato, onion, and cheese on a brioche bun

#### FOUNTAIN BURGER

Smashed caramelized burger, shredded lettuce, pickled red onion, and fontina cheese with our house burger sauce on a brioche bun

### SALADS

option to add or substitute protein

#### CRISPY CHICKEN SALAD

Romaine lettuce with crispy chicken, bacon, tomatoes, avocado, and hard-boiled egg

#### CHOPPED WEDGE SALAD GF

Iceberg lettuce with cherry tomatoes, red onion, bacon, and blue cheese crumbles and blue cheese dressing

#### CHEF'S SALAD GF

Romaine lettuce with ham, turkey, chicken, hard-boiled egg, cherry tomato, cucumber, avocado, and feta cheese

#### CAESAR SALAD

Romaine lettuce tossed in a homemade Caesar dressing topped with parmesan cheese and Italian seasoned croutons

#### Salad Options

Protein: Grilled/Crispy Chicken | Salmon | Shrimp |

Vegan Chicken | Marinated Jackfruit

Dressings: Ranch | Thousand Island | Honey Mustard |

Blue Cheese | Raspberry Vinaigrette

Other: Dinner Roll

### SOUPS/STEUWS

#### RAMEN

Ramen noodles in a vegetable ramen broth with mushrooms, green onions, cilantro shredded carrots, hard-boiled egg, and toasted sesame seeds with your choice of protein

#### CHEF'S HOMEMADE CHILI GF

#### SOUP DU JOUR

### PERSONAL PAN PIZZA

#### REGULAR PIZZA

Cheese, pepperoni, vegetable, or Hawaiian

#### PALERMO PIZZA

Soppressata, roasted garlic, shallots, cherry tomatoes, shaved parmesan, arugula, and a balsamic vinaigrette

### BUILD-YOUR-OWN SANDWICH

Protein: Smoked Turkey | Roast Beef | Roasted Pork | Bacon | Tuna Salad | Chicken Salad

Bread: White | 9-Grain | Sourdough | Raisin | Hoagie Roll | Ciabatta Roll | Garlic & Herb Wrap | Foccacia | GF Bread

Cheese: American | Sharp Cheddar | Swiss | Provolone | Fontina | Pepperjack

Vegetables: Iceberg/Green Leaf Lettuce | Tomato | Red Onion | Cucumber | Avocado | Dill/B&B Pickles

## ENTREES choice of up to two sides

### TOP SIRLOIN GF

A lightly seasoned 6-oz top sirloin grilled to your liking

### BBQ PORK RIBS

A half-rack of ribs covered with barbecue or Carolina gold sauce

### MEATLOAF

Homestyle ground beef meatloaf with a sweet tomato glaze

### CHICKEN FRIED STEAK

Cube beef steak dusted with flour then fried, served with country gravy

### ORANGE CHICKEN STIR FRY

Tempura battered chicken lightly tossed in an orange sauce, served with stir fried vegetables and jasmine rice or yakisoba noodles (available with grilled or vegan chicken)

### CHICKEN & WAFFLES

A southern comfort food, crispy fried chicken served with a Belgium waffle, maple bourbon syrup, and fresh fruit.

### BLACKENED SALMON GF

Filet of salmon coated with a blend of spices then pan-seared to flaky perfection

### LIGHT & LEAN GF

Chicken breast, beef patty, garden burger, turkey burger, or grilled filet of salmon, served with lettuce, sliced tomatoes, and avocado

## PASTA

### ALFREDO PASTA

Fettuccine noodles tossed in Alfredo sauce, served with garlic bread and your choice of grilled chicken, vegan chicken, or shrimp

### LASAGNA

Classic lasagna layered with meat sauce and cheese, served with garlic bread

### BEEF STROGANOFF

A classic Russian dish featuring tender, thinly sliced beef and mushrooms in a savory, creamy, and tangy sour cream sauce, served with garlic bread

 **GLUTEN FREE**

**Vegetarian Options Available**  
Ask Your Server for Substitute

## PROTEIN OPTIONS

### Grilled/Crispy Chicken GF

### Top Sirloin Steak GF

### Mojo Roasted Pork GF

### Grilled Salmon GF

### Shrimp GF

### Vegan Chicken

### Marinated Jackfruit GF

## SIDE OPTIONS choice of up to two sides

### Vegetable of the Day GF

### Honey Bacon Fried Brussel Sprouts GF

### Smoked Artichoke Dip & Tortilla Chips GF

### Coleslaw GF

### Chili Cheese Fries

### Baked Potato GF

### Onion Rings

### Baked Sweet Potato GF

### Mac 'n Cheese

### Mashed Potato GF

### Jasmine Rice GF

### Potato Salad GF

### Brown Rice GF

### French Fries

### Garlic Bread

### Sweet Potato Fries

### Dinner Roll

## BEVERAGES

### Pepsi

### Soy Milk

### Diet Pepsi

### Buttermilk

### Starry

### Hot Cocoa

### Root Beer

### Hot Cocoa SF

### Dr. Pepper

### GoodBean Coffee

### Orange Crush

### GoodBean Coffee Decaf

### Lemonade

### Hot Cider

### Apple Juice

### Iced Teas

### Orange Juice

### Unsweetened Iced Tea

### Grape Juice

### Raspberry Iced Tea

### Pineapple Juice

### Hot Teas

### Cranberry Juice

### Green Tea | Lipton | Earl Grey

### Prune Juice

### | Chamomile | Earl Grey

### V8 Juice

### Decaf | Orange Spice | Mint

### 2% Milk

### Blend | English Breakfast | & More

### Skim Milk

### Almond Milk

## DESSERTS

### Ice Creams

### Cookies

### Ice Creams SF

### Cookies SF

### Sundaes

### Pudding

### Mini Cones

### Pudding SF

### Milkshakes

### Jell-O

### Root Beer Floats

### Jell-O SF

### Banana Split

### & More

Consuming raw or undercooked food may increase your risk for food-borne illness



# FOUNTAIN PLAZA

## ALL-DAY BREAKFAST MENU

### BREAKFAST BAR

7:00 a.m. – 10:00 a.m.

Seasonal fresh fruit, blueberries, prunes, raisins, peaches, oranges, pears, cottage cheese, yogurt, applesauce, assorted muffins, breads, and donuts

### PLAZA BREAKFAST GF

One or two eggs any style, served with hash browns or home fries, with your choice of meat and bread

### BREAKFAST SANDWICH

One egg, sausage or bacon, and cheese on your choice of bread with a side of hash browns or home fries

### EGGS BENEDICT

Two poached eggs with ham, sausage, or bacon on an English muffin topped with hollandaise sauce

### AVOCADO TOAST

Smashed avocado on toast topped with a fried egg, tomato, red onion, and everything bagel seasoning topped with a balsamic glaze

### OMELET OR SCRAMBLE GF *with a meat, bread, and potato option*

One or two-egg omelet or scramble stuffed with your choice of

**Meat:** diced ham | bacon | pork sausage | turkey bacon

**Vegetable:** tomato | bell pepper | mushrooms | olives | onions | avocado | spinach

**Cheese:** shredded cheddar and jack | sliced Swiss | sliced cheddar | sliced American

**Side:** salsa | sour cream | ketchup

### COUNTRY BISCUITS & GRAVY

One or two buttermilk biscuits topped with homemade country sausage gravy, served with your choice of meat and potato

### CHICKEN FRIED STEAK

Cube beef steak dusted with flour and deep fried, served with your choice of bread, potato, and one or two eggs any style

### BUILD-YOUR-OWN BREAKFAST *with two eggs and a meat option*

**French Toast:** Texas toast or cinnamon raisin bread dipped in a cinnamon vanilla custard dusted with powdered sugar

**Belgian Waffle:** Golden Belgian waffle, whole or half portion

**Buttermilk Pancakes:** One or two large grilled pancakes served plain or with banana, blueberry, raisin, or walnuts

### SIDE OPTIONS

**Meat:** ham | bacon | turkey bacon | sausage link | pork sausage patty

**Bread:** bagel | English muffin | biscuit | nine grain | wheat | white | sour dough | raisin | rye | small pancake | GF bread

**Potato:** hash browns | home fries

### CEREALS

**Hot Cereals:** oatmeal | cream of wheat

**Cold Cereals:** ask your server for selections

### BEVERAGES

GoodBean Coffee

Apple Juice

GoodBean Coffee Decaf

Orange Juice

2% Milk

Grape Juice

Skim Milk

Pineapple Juice

Buttermilk

Cranberry Juice

Almond Milk

Prune Juice

Soy Milk

V8 Juice

Hot Teas

Green Tea | Lipton | Earl Grey |

Chamomile | Earl Grey Decaf | Orange Spice | Mint Blend | English Breakfast | & More

Iced Teas

Unsweetened Iced Tea

Raspberry Iced Tea