

Meridians Brunch Menu

–  *Healthy Options*

 **The Healthy Orchard Breakfast...\$7.95**

Two Eggs or Egg Beaters, Turkey Bacon or Extra Lean Ham, Served with Sliced Fresh Fruit,
Choice of Whole Wheat Toast or Choice of Pancake

 **Veggie Lite Benedict...\$8.25**

Toasted English Muffins, Poached Eggs on Sautéed Mushrooms and Tomatoes, Topped with
Our **Lite** House Hollandaise Served with Sliced Fresh Fruit

The Orchard Breakfast...\$7.95

Your Choice of Two Bacon Strips or Two Sausage Links with Two Eggs, Breakfast Red Potatoes,
Choice of Toast, Blueberry Muffin, English Muffin or Choice of Pancake

Eggs Benedict...\$8.25

Toasted English Muffins, Poached Eggs on Canadian Bacon, Topped with
Our **Lite** House Hollandaise and Served with Breakfast Red Potatoes

The Big Ham Breakfast...\$8.95

Country Lean Ham Steak, House Breakfast Red Potatoes, Two Eggs,
Choice of Toast, Blueberry Muffin, English Muffin or Choice of Pancake

Country Pork Steak Breakfast...\$8.25

Breaded Country Pork Steak, House Breakfast Red Potatoes, Two Eggs
Choice of Toast, Blueberry Muffin, English Muffin or Choice of Pancake

Belgium Waffle

With Choice of Fruit Topping

Sliced Strawberries or Sliced Peaches in Lite Syrup

One Belgium Waffle, Two Eggs, Two Bacon, Two Sausage Links or Lean Ham
\$7.95

Belgium Waffle

With Choice of Fruit Topping

Sliced Strawberries or Sliced Peaches in Lite Syrup

\$4.95

...Burgers...

Served on Crowned or **Whole Wheat Bun**  with a Choice of **Steamed Veggies** 
Cottage Cheese  French Fries, Onion Rings, Baked Beans or Coleslaw

Meridian's Cheese Burger...\$8.50

Grilled with Cheddar Cheese, Lettuce, Tomato, Red Onions and Sliced Pickles,

Egg Bacon and Cheddar Burger...\$8.75

Grilled, Topped with Fried Egg, Two Slices of Bacon,
Cheddar Cheese, Lettuce, Tomato, Red Onions with Sliced Pickles

 **Low-Carb Grilled Buffalo or Turkey Burger Plate...\$8.95**

Tomato, Sliced Grilled Pineapple, Pickle, Lettuce and Cottage Cheese

 **Grilled Swiss Buffalo Burger...\$9.25**

All Natural Bison, Mixed with Onion, House Seasonings, Dijon Mustard,
Lettuce, Tomato, Red Onions and Sliced Pickles

 **Grilled Turkey Burger... \$8.95**

Lettuce, Tomato, Red Onions, Sliced Pickles with Choice of Cheddar, Swiss or Provolone Cheese



*Signifies that the menu item is a healthy option meaning it may be lower
In calories, low in fat and/or sodium, or high in fiber*

Meridians Brunch Menu

Orchard Creek Lodge presents the Meridians Restaurant at Sun City Lincoln Hills offering "Classic American cuisine" in one of Lincoln's premier landmark areas. We believe that combining Great comfort food with friendly service in a historic setting offers our guests, the ultimate dining experience!

...Salads...

Chicken Apple Orchard Salad... \$11.95

Grilled Chicken Breast, Romaine Lettuce, Sliced Gala Apples, Dried Cranberries, Crumbled Bleu Cheese and Candied Walnuts, Tossed with House Honey Dijon Dressing

 **Please Request Lite-Dressing, No Walnuts and Small Side of Bleu Cheese**

Traditional Caesar Salad...\$7.50

Romaine Lettuce, Croutons, Parmesan Cheese and our House Caesar Dressing

 **Please Request Lite-Dressing and Small Side of Parmesan Cheese**

Citrus Marinated Grilled Chicken... \$9.75 Grilled Fresh Lemon Salmon... \$9.75

Sandwiches...

Choice of **Steamed Veggies** , **Cottage Cheese**,  French Fries, Onion Rings, Baked Beans or Coleslaw



Cold Deli Sandwich...Served on Multigrain Wheat Bread

With Cup of Soup or Side House Salad...Half \$6.50—Whole \$8.75

Choice of Lean Deli Ham or Roasted Turkey with Cheese



Please Request Cranberry Aioli –Hold the Lite Mayo and Cheese



Cold Tuna Berry Sandwich... \$8.25

Albacore Tuna, Lettuce, Sliced Tomatoes, with Whole Cranberry, with Cranberry Aioli on Multigrain Wheat Toast

Corned Beef Reuben with German Sauerkraut...\$8.75

Served with Thousand Island Dressing, Sauerkraut, and Melted Swiss Cheese on Rye Bread

Philly Cheese Prime Sandwich...\$8.95

Thinly Sliced Prime Rib, Topped with Sautéed Sweet Bell Peppers, Onions, Mushrooms And Melted Provolone Cheese, Served on Grilled Sourdough Roll

Smokey BBQ Chicken & Bacon...\$8.25

Grilled, Cheddar Cheese, Bacon, Lettuce and Tomato, Served on a Crowned Bun

B.L.T. on Mult Grain Bread...\$7.95

Bacon, Lettuce, Tomato and Lite Mayonnaise on Multi Grain bread



Please Request Turkey Bacon (65% less fat) and Hold the Lite Mayo

Turkey Melt on Multigrain Wheat Bread...\$8.50

Roasted Turkey Breast, Sliced Tomatoes, Julienne Red Bell Pepper, Melted Provolone Cheese With Cranberry Aioli



Please Request No Provolone Cheese

Country Swiss Pork Cutlet... \$7.95

Grilled Parmesan Sourdough Bread, Lightly Spread with a Mild Mustard Sauce, Layered With Green Leaf Lettuce, Coleslaw, Sliced Tomatoes, Seared Pork Cutlet that was Lightly Breaded and Seasoned, Topped with Melted Swiss Cheese

Fish & Chips...\$8.95

Cod Filet in a Tempura Batter, Served with Coleslaw, French Fries and Lemon

We Accept MasterCard, Visa and Discover Cards; 18% Service Charge for Party of 10 or more

Separate Checks for Parties of 10 or less
Split-Plate Charge \$2.00