

## **Meridians Dinner Menu**

### **...Appetizers...**

#### **Crispy Calamari...\$9.95**

*Lightly Dusted Deep Fried Red and Green Bell Peppers, Red and Yellow Onions Served On a Bed of Napa Cabbage, Drizzled with a Sweet Chili Aioli*

#### **Dungeness Crab Cakes...\$14.95**

*Pan Seared and Layered On a Bed of Napa Cabbage, With a Ginger Pineapple Confetti and Drizzled with a Sweet Chili Aioli*

### **... Salads Entrées ...**

*Choice of Bowl \$3.50 or Cup \$2.50*

#### **Chicken Apple Orchard Salad... \$12.95**

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

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

#### **Grilled Chicken or Lemon Salmon Caesar Salad... \$12.95**

*Romaine Lettuce and Parmesan Cheese, Tossed with House Caesar Dressing, Topped with Grilled Diced Chicken or Grilled Salmon and Croutons*

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

#### **Sesame Orange Chicken Salad... \$12.95**

*Romaine, Radicchio, Red Leaf Mix, with Crispy Chicken, Sautéed Asian Vegetables Tossed in a Rich Orange Marmalade Sauce Topped with Mandarin Oranges and Asian Crisp Noodles*

#### **Crab Louie Salad...\$14.95**

*Romaine Lettuce, Diced Tomatoes, Cucumber, Sliced Hard Boiled Egg, Black Olives and Lemon Wedges with House Louie Dressing*

#### **House Dressings**

*Raspberry Vinaigrette, Bleu Cheese, Ranch, Thousand Island, Balsamic, Honey Mustard, Oil and Vinegar*

### **... Dinner Entrées...**

**Receive \$2.00 off, on the following Dinner Entrees without Soup or Salad**

#### **All Entrée's Served with Cup of Soup or House Salad**

*Choice of Signature Au Gratin Potatoes,  **Brown Rice Pilaf**, Baked Potato or Fettuccini Alfredo,  **Oven Roasted Parsnips & Carrots**, Steamed Mushrooms, Sautéed Blue Lake Green Beans*

#### **Vancouver Island Salmon Fillet... \$16.95**

*Canadian Farm Raised Fillet, Seasoned lightly, Grilled or Poached With Olive Oil, Fresh Lime and Herb Drizzle*

#### **Grilled Tilapia Fillet...\$15.95**

*Lightly Seasoned, Topped with a Ginger Pineapple Confetti*

#### **Tempura Pacific Cod Fish Fillet...\$13.95**

*Lightly Battered and Deep Fried, Served with Lemon*

#### **Orchard Pasta's**

*Orchard Pasta served with Sautéed Chicken Breast...add-\$4.00*

*Orchard Pasta served with Garlic Shrimp (5)...add-\$6.00*

#### **Linguini Pasta Carbonara...\$12.95**

*Italian Classic Linguini, Tossed with Mushrooms, Crispy Bacon, Parmesan Cream Sauce, Garnish with Sweet Peas and Italian Parsley*

#### **Spicy Louisiana Bow-ties Farfalle Pasta...\$12.95**

*Pasta Tossed with Mushrooms, Diced Peppers, Onions, Parmesan Cheese in a Spicy Louisiana Sauce*

#### **Spaghetti Pomodoro Pasta...\$11.95**

*Sautéed Fresh Diced Tomatoes, Garlic, Basil, Tossed with Butter Wine Sauce, Topped with Parmesan Cheese and Italian Parsley*

## Meridians Dinner Menu

### **Healthy Option ... \$11.95**

*Hint of Herbs and Spicy*

**Grilled Citrus Chicken...** with Brown Rice and Steam Vegetables

**Baked Pacific Cod Fillet...** with Brown Rice and Side of Fruit

**Steamed Vegetable Plate...** with Brown Rice and Side of Fruit

**Poached Vancouver Salmon...** with Steamed Vegetables' and side of Fruit

### **...Dinner Entrees...**

**Receive \$2.00 off Without Soup or Salad with Entrées**

*All Entrée's Served with Cup of Soup or House Salad*

Choice of Signature Au Gratin Potatoes, **Brown Rice Pilaf**  Baked Potato or Fettuccini Alfredo  
Choice of House Vegetables...

 Steamed Mushrooms, Sautéed Blue Lake Green Beans or Oven Roasted Parsnips & Carrots

*Steaks are prepared with the following USDA cooking order...*

Rare-Very Red, Cool Center Medium-Pink, Hot Center  
Medium Rare-Red, Warm Center Medium Well, Dull Pink Center  
Well Done-Brown Throughout

### **Meridians Bistro Medallions...\$16.95**

Grilled Nebraska Bistro Steak, Served with Au jus –Brown Sauce

 **Please Request No Sauce, Healthy option Brown Rice Pilaf and Steamed Mushrooms**

### **Meridians Bistro Medallions and Garlic Shrimp Scampi...\$18.95**

Grilled Nebraska Bistro Steak, Served with Au jus -Brown Sauce,  
And Shrimp Scampi

### **Grilled New York...\$20.95**

Twelve Ounce cut, Very Tender and Succulent, Served with Hotel Maître'd Butter

### **Veal Oscar... \$19.95**

Tender Veal, Sautéed with Butter, White Wine, Seasoned and Finished with  
Canadian Crab, Provolone and Romano Cheeses

### **Veal Champignon Chardonnay...\$17.95**

Tender Veal, Sautéed Lightly with Oyster Mushrooms, Chardonnay  
Wine and a Touch of Au jus

### **Veal Romano Parmigianino... \$17.95**

Lightly Seasoned Breaded, Sautéed, Layered with Garden Marinara Sauce,  
Provolone and Romano Cheeses

### **Apple Cinnamon Pork Cutlet...\$14.95**

Lightly Seasoned, Breaded, with Sliced Apples, a Sprinkle of Cinnamon,  
Brown Sugar and a Splash of Jack Daniels

### **Chicken Romano Parmigianino... \$14.95**

Lightly Seasoned, Breaded, Sautéed, Layered with Garden Marinara Sauce,  
Provolone and Romano Cheeses

### **Citrus Chicken and Garlic Shrimp Scampi... \$16.95**

Sautéed Citrus Chicken Breast with Shrimp Scampi

 **Please Request Grilled Shrimp**

### **...Meridians Burgers and Fries ...**

*All Hamburgers are Served with Lettuce, Tomato, Onion and Sliced Pickles*

**Meridian Cheese Burger...\$9.50**

 **Grilled Turkey Burger... \$9.50**


### **Grilled Swiss Buffalo Burger...\$9.95**

*All Natural Bison, Mixed with Onion, House Seasonings and Dijon Mustard*

*We Accept Visa, Master Card and Discover Cards 18% Service*

*Charge for Party of 10 or More Split-Plate Charge \$2.00*

*For Parties Larger than 20 & Special Events Contact Our Catering Office at 916-625-4045*

 **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.**