Alternative Menu
Available Mondays, Tuesdays, Thursdays, Fridays and Saturdays
4:30PM- 7:30PM

Petite Filet
Grilled steak of beef tenderloin to preferred temperature

1 Serving 307 Calories, 21g Fat, 60mg Sodium, 28g Protein

Rainbow Trout
Fresh Carolina trout can be prepared poached, seared, or grilled

1 Serving 250 Calories, 15g Fat, 135mg Sodium, 18g Protein

Grilled Tofu
Served over a bed of sautéed spinach

1 Serving 220 Calories, 18g Fat, 162mg Sodium, 11g Protein

Salmon
Fresh Canadian salmon can be prepared poached, seared, or grilled

1 Serving 110 Calories, 1g Fat, 90mg Sodium, 21g Protein

Open Face Omelette
Fresh spinach, tomato and feta cheese

1 Serving 160 Calories, 11g Fat, 160mg Sodium, 9g Protein

Kosher Chicken
Marinated and Roasted chicken quarter

1 Serving 150 Calories, 3g Fat, 220mg Sodium, 27g Protein

Maryland Crab Cakes
Collington’s Signature crab cakes served with lemon

1 Serving 160 Calories, 10g Fat, 152mg Sodium, 11g Protein

Black Bean Burger
Served on a toasted bun with spring mix and sliced onion

1 Serving 110 Calories, 5g Fat, 320mg Sodium, 9g Protein