

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, 135 mg Sodium, 18g Protein

Grilled Tofu

Served over a bed of sautéed spinach

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

Maryland Crab Cakes

Collington's Signature crab cakes served with lemon

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

Salmon

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

1 Serving 110 Calories, 1g Fat, 90 mg 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, 220 mg Sodium, 27g Protein

Black Bean Burger

Served on a toasted bun with spring mix and sliced onion

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