






# Life is sweet...and savory.

Our innovative dining program is built around the latest trends in nutrition and culinary arts and offers everything from haute cuisine to comfort food. Take a look at a sampling from our menu.

## *Soups & Salads*

Pasta e Fagioli Soup   Maryland Crab Soup     Vegetarian Vegetable Soup    
Antipasto Salad   Roasted Beet & Goat Cheese Salad

## *Always Available Classics*

Center Cut Filet Mignon    Grilled Atlantic Salmon     Pasta 'As You Like It'  
Airline Chicken Breast with Compound Butter     Angus Burger or Bean Burger


## *Seasonal Selections*

BBQ Baby Back Ribs    Broiled Citrus Swordfish    
Mediterranean Chicken     Crab Cake with Lemon Mustard Aioli

## *Chef's Selections*

Braised Pork Shank with Balsamic Glaze with Asparagus & Mushroom Risotto   
Beef Stroganoff with Buttered Egg Noodles  
Mint Pesto Lollipop Lamb Chops with Roasted Red Potatoes & Steamed Broccoli    
Pan Seared Scallops with Saffron Mashed Potatoes & Haricot Verts

## *Comfort Food Favorites*

Chicken Tenders & Housemade Dipping Sauce  
Homemade Mac & Cheese  
Omelet Made Your Way   
Meatloaf with Mashed Potatoes

 **Gluten Free**

 **Heart Healthy**



ECHO LAKE

 SAGELIFE | Living to the Power of You

[LivingAtEchoLake.com](http://LivingAtEchoLake.com)

