



## Spa Menu

Healthy Options Full of Flavor

Brought to you by

*WATERFALLS SPA*

### SOUP

#### **Hearty Italian Chicken and Vegetable Soup**

This chicken soup is packed with flavor and good for you heart healthy vegetables. Chicken is a good source of protein and selenium.

**\$6.00**

### APPETIZER

#### **Mushroom Quesadillas**

Mushrooms are an excellent source of potassium and a rich source of riboflavin, niacin and selenium.

**\$10.00**

### SALAD

#### **Cranberry Spinach Salad**

Spinach is a great source of dietary fiber, vitamin K and magnesium. Cranberries are full of antioxidants.

**\$9.00**

### SANDWICH

#### **Greek Feta Burger**

Lean angus beef is an excellent source of protein and vitamin B12, also a good source of selenium, zinc and iron.

**\$10.00**

### ENTREES

#### **Chicken and Broccoli Stir-Fry**

Chicken is a great source of protein and selenium. Broccoli is considered a super food which provides a high amount of vitamin C, folic acid, potassium and fiber.

**\$12.00**

#### **Herb-Crusted Pork Tenderloin**

Pork contains many ingredients known to maintain a healthy body, including six essential vitamins, four important minerals, protein and energy.

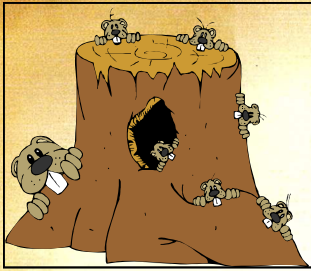
**\$14.00**

#### **Shrimp and Linguine Fra Diavolo**

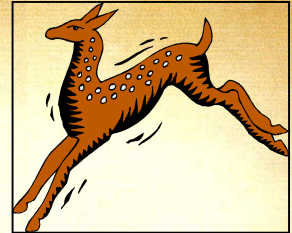
Shrimp are an excellent source of selenium and high in Vitamin B12

**\$14.00**

**For spa reservations and general information, dial ext. 1293.**



Breakfast Room Service Available  
6A.M. to 11 A.M



## Children's Menu

### Sunrise Starters

7:00 a.m.—11:00 a.m.

### All Day Adventures

11:00 a.m.—10:00 p.m.

#### **Silver Dollar Pancakes**

(Blueberry and Chocolate Chip available)

#### **French Toast Sticks**

#### **Scrambled Eggs with Home Fries,**

#### **Bacon or Sausage**

#### **The Breakfast Burrito**

Scrambled eggs, cheddar cheese and sausage rolled in a flour tortilla.

\$6.95

*All meals come with a fresh fruit salad.*

#### **Assorted Cold Cereals**

\$1.95

#### **Dino Nuggets**

#### **Grilled Cheese**

#### **Macaroni and Cheese**

#### **Personal Cheese Pizza**

(Extra toppings \$.50 each)

#### **Spaghetti w/ Tomato**

#### **Sauce or Butter**

#### **PB & J Sandwich**

\$5.95

Choice of one side  
Vegetable sticks with  
ranch dipping sauce

Applesauce

Fruit Salad

Yogurt

Granola Bar

Garden Salad

French Fries

Smiley Fries



## Drinks

Milk, Chocolate Milk, Orange Juice, Apple Juice,

Cranberry Juice, Lemonade, Iced tea—\$1.95

Root Beer Float—\$2.95

We proudly serve Coke Branded Products

Soft Drinks Small \$1.95 Large \$2.50





**Breakfast Room Service Available 6A.M. to 11 A.M**

### **Acorn Grill Country Classics**

#### **The Pioneer — \$9.00**

Two farm fresh eggs cooked any style and served with home fried potatoes, two strips of applewood smoked bacon and two savory link sausages. Your choice of toast or a buttermilk biscuit.

#### **The Homestead — \$10.00**

A platter full of your choice of Acorn Grill griddle cakes or Texas toast. Served with two farm fresh eggs prepared any style, two strips of applewood bacon and two savory link sausages.

#### **The Stampede — \$14.00**

Two farm fresh eggs cooked any style served with our 7 oz. signature delmonico steak and home fried potatoes. Your choice of toast or buttermilk biscuit.

#### **Acorn Griddle Cakes — \$8.00**

Our special buttermilk batter griddle cakes are cooked golden and served piping hot with whipped sweet cream butter and real maple syrup.

#### **Acorn Grill Texas Toast — \$8.00**

Thick sliced bread dipped in our signature spiced egg batter. Flat top grilled and garnished with powdered sugar, sweet cream butter and real maple syrup.

### **Acorn Grill Sunrise Signatures**

#### **Denver Scramble — \$10.00**

Farm fresh scrambled eggs blended in a skillet with diced ham, bell pepper, sweet onion, diced tomatoes and our country fried potatoes all topped off with a blend of aged cheddar and your choice of toast or a buttermilk biscuit.

#### **Southwest Scramble — \$10.00**

Farm fresh eggs scrambled with savory sausage, bell pepper and country fried potatoes, all covered with a chunky salsa and pepper jack cheese. Garnished with jalapenos and served with warm tortillas.

#### **The Olympian — \$11.00**

Our Acorn Grill twist on a classic frittata. We take a combination of scrambled farm fresh eggs, sausage, ham, pepperoni, peppers, onions, broccoli, mushrooms and Italian herbs. Smothered with melted mozzarella.

#### **Black Diamond — \$10.00**

Thin sliced smoked salmon layered with turkey bacon, low fat cream cheese, ripe tomato, Cucumber and red onion all on a toasted oversized English muffin. So delicious you would never guess it is healthy.

#### **Bacon Blitz Breakfast Sandwich — \$10.00**

A flavorful sandwich of rolled smoked bacon, Italian sausage, brushed with our special sauce. Topped with an egg cooked to your preference and topped with your choice of cheese and served on a garlic toasted bagel.



**Room Service Available from 12 P.M until 10 P.M**

## Soups

### Baked Onion and Ale Soup

Caramelized onions simmered in a rich broth with a hint of ale. Topped with herb croutons and melted Swiss cheese. \$6.00

### Lodge Soup of the Day

Chef's choice of warm and satisfying homemade soup. \$4.00 Cup \$6.00 Bowl

## Starters

### Acorn's 4 Way Sampler

4 Mountain Top wings, 4 baby back ribs, 4 onion rings, and Yukon gold natural chips. Served with blue cheese, ranch, celery and carrot sticks. \$16.00

### Mountain Top Wings

Jumbo wings tossed in your choice of Buffalo Sauce, BBQ, or Honey Garlic. Served with blue cheese, celery and carrot sticks. Ask your server for your level of Buffalo sauce. \$9.00

### Blue Yukon Chips

Yukon Gold natural chips, blue cheese béchamel, blue cheese crumbles, chopped bacon, diced roasted red peppers, and chopped scallions. \$9.00

### Hope Lake Spinach Artichoke Dip

A beautiful blend of cheeses, spinach and artichokes. Served with warm tortilla chips. \$9.00

### Asian Coconut Shrimp

Four large coconut crusted shrimp served with our sweet Thai chili sauce. \$12.00

### Hope Lake Steak Chimis

Flavorful strips of beef steak, whole black beans, corn hominy blended with a zesty chimchurri sauce and wrapped in a crisp hand rolled tortilla. Served with our sweet Thai chili sauce. \$9.00

### Mesa Grilled Chicken Apple

#### Quesadilla

Herb flour tortilla sandwiched with grilled chicken, diced apples, diced tomatoes, scallions, and aged cheddar cheese. Served with salsa and chipotle sour cream. \$10.00

### Pulled Pork Parfait

A cleverly assembled treat with baked beans, pulled pork, and coleslaw. Accompanied by a cornbread stick. \$9.00

## Salads

### House Salad

Chopped lettuce, cucumber, onion, tomato and your choice of dressing. \$6.00

### Greek Peak Salad

NY State maple-candied pecans, Gorgonzola cheese, diced Cortland apples, pears and craisins with a bed of mixed greens and champagne vinaigrette. \$12.00  
Add grilled chicken for \$5.00  
Add grilled shrimp for \$7.00

### The Lodge Cobb

Chopped iceberg and romaine lettuce, apple-wood smoked bacon, diced tomatoes, kalamata olives, hard boiled wedged eggs, Gorgonzola cheese, grated cheddar cheese, and our honey-roasted turkey breast. Served in a flour tortilla bowl. \$12.50

### Hail Caesar!

Crisp chopped romaine lettuce with our house Caesar dressing. Topped with croutons, sun-dried tomatoes, sliced red onions and Asiago cheese. \$12.00  
Add grilled chicken for \$5.00  
Add grilled shrimp for \$7.00

### Acorn Grill Antipasto for Two

A hearty portion of salad greens with cappicola, salami, pepperoni, provolone, hard boiled egg wedges, garlic roasted peppers, sliced tomatoes, pepperoncini, kalamata olives, and sliced red onions. \$15.50

**Our dressings: Ranch, Blue Cheese, Balsamic Vinaigrette, Thousand Island, Italian, Raspberry Vinaigrette, French, Champagne Vinaigrette, Parmesan Peppercorn and Caesar.**



## Signature Sandwiches

### Grilled Blodgett Mills Elk Burger

8 oz. of char-grilled ground elk meat, topped with tobacco onions and blue cheese. Served on a grilled knot roll with our Yukon Gold twister chips and a pickle spear. \$13.00

### Beef Brisket Sandwich

Sliced smoked beef brisket, drizzled with BBQ sauce and topped with coleslaw in a grilled buttered garlic Italian roll. Served with Yukon Gold twister chips and a pickle spear. \$12.00

### Smoked Pulled Pork

Hand rubbed with our special seasoning, smoked to perfection and smothered in our signature BBQ sauce. Served on a garlic toasted roll with Yukon Gold twister chips and a pickle spear. \$10.00

### Bacon Blitz Sandwich

A flavorful sandwich of rolled smoked bacon, Italian sausage and our special sauce, sliced in a 6 oz. portion. Served on a grilled ciabatta roll with lettuce, tomato and mayonnaise. Served with Yukon Gold twister chips and a pickle spear. \$9.00.

### Applejack Turkey Club

Our in-house slow smoked turkey breast sliced thin and stacked on a grilled ciabatta roll. Topped with pepper jack cheese and applewood smoked bacon. Served with Yukon Gold twister chips and a pickle spear. \$9.00

### The Olympian

A seasoned char-broiled Delmonico steak topped with lettuce, tomatoes and onions on a garlic butter toasted roll. Served with Yukon Gold twister chips and a pickle spear. \$13.00

### Build Your Own Mountain Chicken Sandwich or Angus Burger

Choose from a 6 oz. char-grilled chicken breast or a half pound Angus burger. Served on a Kaiser roll with your choice of two toppings. Aged cheddar, American cheese, blue cheese, Swiss cheese, sautéed mushrooms, onions, green peppers, roasted red peppers, applewood smoked bacon, BBQ sauce. Served with Yukon Gold twister chips and a pickle spear. \$10.00

## Acorn Grill Pizza

### Red Pizza \$14.00

Our fresh oven baked 16-inch pizza crust topped with tomato basil sauce and our whole milk mozzarella.

### White Pizza \$14.00

Our fresh oven baked 16-inch pizza crust topped with fresh garlic, olive oil, fresh chopped parsley and mozzarella.

### Pesto Pizza \$14.00

Our fresh oven baked 16-inch pizza crust topped with fresh made pesto and mozzarella

\*\*\*\*Chicken and Shrimp available at extra cost\*\*\*\*

Extra toppings \$1.00 each

Mushrooms, Pepperoni, Sausage, Peppers, Onions, Ham, Pineapple, Broccoli, Feta Cheese, Olives, Garlic, Pepperoncini, Jalapenos, Sun-dried Tomatoes, Bacon, Fresh Basil.

## Veggie Entrees

### Roasted Red Pepper Hummus Wrap

Roasted red pepper hummus, spinach, sliced red onion and Gorgonzola cheese. Drizzled with a balsamic vinaigrette and rolled in a flour tortilla. \$9.00

### Farm Fresh Stir Fry

Seared peppers, onions, zucchini squash, peas, mushrooms and carrots. Topped with an Asian glaze and served over steamed rice. \$14.00

Add grilled chicken for \$5.00

Add grilled shrimp for \$7.00

## Steaks and Pork Entrees

### Angus Steaks Straight off the Grill

Char-grilled steaks cooked to your liking.

10 oz. Sirloin \$19.00

12 oz. Rib eye \$24.00

12 oz. NY Strip \$24.00

### Steak Toppers—\$1.00 each

Sautéed Mushrooms, Onions, Peppers, and Blue Cheese

### Pork Osso Bucco

24 ounces of pork shank braised in our special sauce. \$23.00

\*\*\*\*All steaks and pork entrees are served with your choice of two sides\*\*\*\*

Garlic mashed potatoes, risotto, rice pilaf, Yukon Gold chips, sweet potato fries or vegetable of the day.



## Seafood

### Broiled Bourbon Bacon Scallops

Bourbon marinated scallops wrapped in applewood smoked bacon. Broiled to perfection and served with your choice of starch and vegetable of the day. \$23.00

### Panko Fried Haddock

Deep fried haddock with a panko crust. Served with your choice of starch and vegetable. \$16.00

### Maple Pecan Crusted Cedar Plank Salmon

Fresh Atlantic 6 oz. salmon fillet grilled on a cedar plank and dressed with maple pecan glaze. Served with your choice of starch and vegetable of the day. \$22.00

### Macadamia-Crusted Flounder with Pineapple-Mango Chutney

Macadamia-crusted flounder, pan-seared and finished in the oven. Topped with pineapple mango chutney. Served with your choice of starch and vegetable of the day.

\$23.00

\*\*\*\*All meals are served with your choice of two sides\*\*\*\*

Garlic mashed potatoes, risotto, rice pilaf, Yukon Gold chips, sweet potato fries or vegetable of the day.

## Pasta

### Shrimp Scampi

Pan-seared shrimp with broccoli and mushrooms, tossed in herb garlic butter. Served over linguini and topped with Parmesan cheese. \$18.00

### Pasta Pomodori

Fresh diced tomatoes simmered in olive oil, garlic, basil and white wine, tossed with linguini and topped with Asiago cheese. \$13.00

### Pasta Alfredo

Creamy Parmesan sauce tossed with fettuccini pasta. \$13.00

Add grilled chicken for \$5.00

Add grilled shrimp for \$7.00

### Penne Pesto

Penne pasta tossed with fresh pesto and topped with grated Asiago cheese. \$13.00

Add grilled chicken for \$5.00

Add grilled shrimp for \$7.00

### Chicken Florentine

Pan-seared chicken, chopped spinach and sun-dried tomatoes in a creamy béchamel sauce. Served over penne pasta and topped with Asiago cheese. \$15.50

### Chicken or Veal Marsala

Pan-seared chicken or veal with a garlic mushroom marsala sauce.

Served over linguini.

Chicken \$15.00

Veal \$18.00

All pasta dishes are served with a garlic crostini.



## Signature BBQ Classics



### Smoked Baby Back Ribs

Half rack of our slow smoked baby back ribs, dry rubbed or smothered in BBQ sauce. Served with coleslaw, Yukon Gold twister potatoes, baked beans and grilled corn bread. \$15.00  
Add another half rack for \$8.00

### Smoked Pulled Pork \$16.00 or Smoked Beef Brisket \$18.00

A generous portion of our slow smoked pulled pork or beef brisket. Served on an open faced garlic bread with coleslaw. Served with Yukon Gold twister potatoes, baked beans and grilled corn bread.  
Add garlic mashed potatoes for \$1.00 more

**Platter for two of pulled pork \$30.00**

**Platter for two of beef brisket \$32.00**

### Barbeque Platter

Created with your whole family in mind. The platter comes with a generous portion of our smoked baby back ribs, a mountain of our famous pulled pork or beef brisket, served on garlic bread. Topped off with a tower of brew house onion rings, Yukon twister potatoes, homestyle baked beans, coleslaw and grilled corn bread. \$25.00

Platter for two \$40.00

## Late Night Room Service Served from 10 P.M. to 6 A.M.

### Salads

#### Chef Salad

Chopped lettuce, ham, turkey, cheese, cucumber, onion, and tomato with your choice of dressing.  
\$8.00

#### Caesar Salad

Crisp chopped romaine lettuce with our house Caesar dressing. Topped with croutons, sun-dried tomatoes, sliced red onions and Asiago cheese. \$6.00

### Sub's

#### Ham, Turkey or Roast Beef Sub

On an 8 inch Italian sub roll with lettuce, tomato, American cheese and onions.  
Served with potato chips.

\$7.00

### Sandwiches

#### Tuna, Egg and Olive or Chicken Salad Sandwich

On our thick sliced wheat bread.  
Served with potato chips.

\$5.50

**Add a cup of our soup du jour to any sub or sandwich for \$2.00**