



FOUNTAIN PLAZA

“All the Comforts of Home”

SEASONAL MENU

*Plus Daily Chef Specials for
Lunch & Dinner*

1441 Morrow Road * Medford, Oregon 97504
(541) 772-6005 * (800) 899-4515 * Fax (541) 734-5000

LUNCH & DINNER MENU

Available from 11:00 a.m. to 6:30 p.m.

Daily Lunch Specials available 11:30 – 2:00 P.M.

Daily Dinner Specials available 4:30 – 6:30 P.M.

AVAILABLE AT 11:00 A.M.

SALAD BAR

We feature a full salad bar with a selection of delicious, house-made dressings and fresh seasonal vegetables and quality ingredients

SOUP SELECTIONS

Please ask your server about our daily soup selections

SALADS

Salad Dressings: Blue cheese, Caesar, honey mustard, Italian, ranch, thousand island

◆ COBB SALAD

Romaine lettuce topped with bacon bits, blue cheese crumbles, hard-boiled egg, tomatoes, and avocado, served with your choice of dressing

◆ CRISPY CHICKEN SALAD

Romaine lettuce topped with sliced crispy chicken, diced bacon, tomatoes, avocado, sliced hard-boiled egg, and your choice of dressing

◆ SPINACH BLUE SALAD

Baby spinach, blueberries, strawberries, red onions, toasted pecans, and blue cheese, served with your choice of dressing

◆ HUMMUS PLATTER

Hummus dip served with assorted cheese, crackers, and seasonal vegetables

BREAD

Garlic Bread
Corn Muffin
White Roll
Wheat Roll

PROTEIN

Chicken Breast
Grilled Salmon
Shrimp
Fried Tofu

SANDWICHES & WRAPS

Side Options: French fries, sweet potato fries, onion rings, chips, fruit cup, potato salad, or coleslaw

◆ CUSTOM DELI SANDWICH OR WRAP

<u>BREADS</u>			<u>MEATS & SALADS</u>			<u>CHEESE & VEGETABLES</u>		
wheat	rye	nine grain	tuna salad	smoked ham	egg salad	avocado	green leaf lettuce	spinach
white	raisin	sourdough	roast beef	roasted turkey	bacon	tomatoes	red onions	cucumbers
hoagie	croissant	Texas toast	bologna	chicken salad	spam	American/Swiss/cheddar/provolone/blue cheese		
								B&B/dill pickles

SLOPPY JOES

Seasoned ground beef in a light barbecue style sauce on a toasted bun

◆ PESTO VEGETABLE PANINI SANDWICH

Spinach, bell peppers, tomatoes, avocado, pesto, and provolone cheese grilled panini style on sourdough bread

◆ QUESADILLA

Grilled quesadilla with mixed cheese, sour cream, guacamole, and green onions, available with chicken

MEATLOAF SANDWICH

Sliced meatloaf topped with a light barbecue sauce and Swiss cheese on a hoagie roll

COD SANDWICH

Fried cod on a burger bun served with tartar sauce and a lemon wedge

FRENCH DIP SANDWICH

A hoagie roll with warm roast beef with au jus dipping sauce

◆ BURGERS & FRANKS

1/3-pound hamburger, garden burger, chicken breast, turkey burger, or Nathan's beef frank on a toasted bun, served with your choice of cheese, lettuce, pickles, onions, and tomatoes

**ALL-DAY
BREAKFAST
AVAILABLE**
PLEASE ASK YOUR
SERVER FOR A
MENU

**VEGETARIAN
OPTION AVAILABLE**

Consuming raw or uncooked food can increase your chances of acquiring a foodborne illness

LUNCH & DINNER MENU

Available from 11:00 a.m. to 6:30 p.m.



ENTRÉES

~ HEARTY SELECTIONS ~

SIDES

Steamed or Sauteed Vegetables of the Day
Spinach
Baked Russet Potato
Baked Sweet Potato
Mashed Potato
French Fries
Sweet Potato Fries
Onion Rings
Mac and Cheese
Wild Rice
Jasmine Rice

SIDES

Brown Beef Gravy
Country Gravy
Garlic Bread
Corn Muffin
White Dinner Roll
Wheat Dinner Roll
Fruit Cup
Potato Salad
Coleslaw
Cottage Cheese

TOP SIRLOIN

A 4-ounce cut of top sirloin, served with your choice of sides

CHICKEN FRIED STEAK

Cube beef steak dusted with flour then fried, served with country gravy

LIVER & ONIONS

Lightly floured and pan sautéed calf's liver with onion gravy

◆ **ORANGE CHICKEN OR TOFU STIR FRY**

Tempura battered chicken lightly tossed in an orange sauce, served with stir fried vegetables, served with jasmine rice or yakisoba noodles

MEATLOAF

Home style seasoned ground beef baked in a ketchup sauce

FRIED CHICKEN

Seasoned fried chicken legs, served with your choice of sides

STUFFED PORK TENDERLOIN PINWHEELS

Cranberries and stuffing rolled in a pounded pork tenderloin, served with your choice of sides

CHICKEN STRIP BASKET

Crispy chicken tenders fried golden brown, served with your choice barbecue, honey mustard, or ranch sauce

BBQ CHICKEN WINGS

Fried chicken wings tossed in a light barbecue sauce, served with carrots, celery sticks, and your choice of ranch or blue cheese.

◆ **STUFFED PORTOBELLO MUSHROOM**

A large portobello mushroom stuffed with spinach, bell peppers, and mozzarella cheese topped with a balsamic glaze

◆ **LIGHT & LEAN**

Chicken breast, beef patty, garden burger, turkey burger, or grilled filet of salmon, served with lettuce, sliced tomatoes, and avocado

HAM STEAK

Grilled bone-in ham steak topped with a pineapple chutney

◆ **PIZZA**

A mini pizza of your choice: Hawaiian, vegetable, or pepperoni.

~ SEASIDE FLAVORS ~

FISH 'N CHIPS

Golden-fried battered cod, served with French fries and tartar sauce

ROASTED GARLIC CRUSTED COD

Cod filet breaded in roasted lemon garlic breadcrumbs then fried golden brown, served with tartar sauce and lemon wedge

BREADED COCONUT PRAWNS

Golden fried coconut prawns, served with cocktail sauce and a lemon wedge

FILET OF SALMON

Grilled filet of salmon with your choice of sides

~ PASTA CREATIONS ~

◆ **CHICKEN OR SHRIMP ALFREDO**

Fettuccine pasta, served with a creamy cheese sauce topped with your choice of grilled chicken breast or shrimp

◆ **CHEESE RAVIOLI**

Cheese ravioli topped with marinara or Alfredo sauce

◆ **SPAGHETTI**

Spaghetti pasta topped with meatsauce or marinara sauce

DRINKS

Pepsi
Diet Pepsi
Sierra Mist
Root Beer
Dr. Pepper
Lemonade
Apple Juice
Orange Juice
Grape Juice
Pineapple Juice
Cranberry Juice
Prune Juice
V-8 Juice
2% Milk
Skim Milk
Almond Milk
Soy Milk
Buttermilk
Hot Cocoa
SF Hot Cocoa
Coffee
Decaf Coffee

TEAS

Green Tea
Raspberry
Decaf Earl Grey
Orange Spice
Lemon Ginger
Chamomile
Aged Earl Grey
English Breakfast
Chai Spice
Peppermint
Raspberry Iced Tea
Iced Tea
Lipton Tea

DESSERTS

Ice Creams
SF Ice Creams
Sundaes
Mini Cones
Milkshakes
Root Beer Floats
Banana Splits
Cookies
Reg/SF Puddings/Jell-O
And More



ALL-DAY BREAKFAST MENU

BREAKFAST BAR

(7:30 a.m. – 10:00 a.m.)

Seasonal fresh fruit, blueberries, prunes, raisins, peaches, oranges, pears, cottage cheese, yogurt, applesauce, assorted muffins, breads, & donuts

PLAZA BREAKFAST

One or two eggs any style, served with hash browns or home fries, with your choice of meat and bread

BREAKFAST SANDWICH

One egg, sausage or bacon, and cheese on your choice of bread with a side of hash browns or home fries

OMELET OR SCRAMBLE

SERVED WITH YOUR CHOICE OF MEAT, BREAD, AND POTATO OPTION

One or two-egg omelet or scramble stuffed with your choice of

MEAT: diced ham, bacon, pork sausage, turkey bacon, garden sausage

VEGETABLE: tomato, bell pepper, mushrooms, olives, onions, avocado, green chili, spinach

CHEESE: shredded cheddar and jack, sliced Swiss, sliced cheddar, sliced American

SIDE: salsa, sour cream, ketchup

COUNTRY BISCUITS & GRAVY

One or two buttermilk biscuits topped with homemade country sausage gravy, served with your choice of meat and potato

CHICKEN FRIED STEAK

Cube beef steak dusted with flour and deep fried, served with your choice of bread, potato, and one or two eggs any style

FRENCH TOAST

Thick-cut Texas toast or cinnamon raisin bread dipped in a cinnamon vanilla custard and dusted with powdered sugar, served with one or two eggs any style and a meat side option of your choice

BELGIAN WAFFLE

Golden Belgian waffle, in a whole or half portion, served with a meat side option of your choice

BUTTERMILK OR HONEY WHEAT PANCAKES

One or two large grilled pancakes served plain or available with banana, blueberry, raisin, or walnuts, served with one or two eggs any style and a meat side option of your choice

SIDE OPTIONS

MEAT: ham, bacon, turkey bacon, sausage link, pork sausage patty, garden sausage

BREAD: bagel, English muffin, biscuit, nine grain, wheat, white, sour dough, raisin, rye, small pancake

POTATO: hash browns, home fries

CEREALS

HOT CEREALS: oatmeal, cream of wheat, and multi-grain

COLD CEREALS: ask your server for selections

BEVERAGES

Regular/decaf coffee

Hot/iced tea

Almond/soy milk

Juices:

orange, cranberry, apple, pineapple,

grape, prune, tomato, V8

Regular/SF hot cocoa

Skim/2% milk

Buttermilk