



Barn-Raising Buffets

**Buffet sharers will be charged full price.
No leftovers may be taken home.*

Our **Lunch Buffet** offers several selections of homemade soups, hot and cold sandwiches, our famous broasted chicken, real mashed potatoes, green beans, salad bar and more.

Lunch Buffet (Mon-Fri, except holidays: 11:30am to 3:30pm) **11.99**

Kids' Buffet Age 6-10 **7.39** | Age 3-5 **4.99** | Under 2 **Free**
with a piece of pie, add 2.50

Our **Dinner Buffet** features broasted chicken, juicy roast beef, ham or turkey, stuffing, real mashed potatoes, creamed corn, green beans, homemade noodles, salad bar and more.

Dinner Buffet (Mon-Fri, 4pm to Close; Sat, Noon-Close) **14.59**

Kids' Buffet Age 6-10 **7.39** | Age 3-5 **4.99** | Under 2 **Free**
with a piece of pie, add 2.50

DER DUTCHMAN DINNERS

*Include homemade white or wheat dinner rolls and your choice of two side dishes.
substitute one side with Salad Bar, add 1.29 | Dinner roll - 120 calories, 2g fat, 320mg sodium, 23g carbs*

— Chicken —

Broasted Chicken

Broasted chicken is marinated, breaded and broasted under pressure in trans fat-free oil—crispy outside, juicy inside.

3 pc Mixed — 1 Breast, 1 Leg, 1 Thigh **11.59**

3 pc White — 2 Breasts, 1 Wing **12.59**

3 pc Dark — 1 Leg, 2 Thighs **10.99**

2 pc White — 1 Breast, 1 Wing **10.99**

2 pc Dark — 1 Leg, 1 Thigh **10.29**

1 pc Dark — 1 Leg or 1 Thigh **8.29**

Charbroiled Chicken Breast **11.59**

6oz boneless, marinated and charbroiled or blackened.

De-lite Option **11.59**

6oz boneless chicken breast, unmarinated and grilled.

280 calories | 6g fat | 125mg sodium | 0g carbs

“Better Yet” Chicken Breast **12.59**

6oz boneless, marinated and charbroiled chicken breast smothered with mushrooms, bacon and melted cheese.

Chicken Nuggets **12pc 11.79, 8pc 9.99**

Delicious, all white meat chicken pieces with crispy breading.

— Turkey —

Roast Turkey **11.89**

Old-fashioned, slow-roasted turkey.

with all white meat, add 1.50

— Beef —

Old-fashioned Roast Beef **12.79**

Amish-style chuck roast, slow-roasted in its own juices.

Chopped Sirloin **11.79**

Seasoned 100% Angus Beef 8oz chopped sirloin, charbroiled or blackened.

Homemade Meatloaf **11.69**

Amish-style and slow cooked, served with our special sauce.

Liver & Onions **8oz 10.79, 4oz 8.79**

Grilled beef liver topped with sauteed glazed onions.

— Pork —

Boneless Pork Loin **2 Loins 12.29, 1 Loin 11.19**

5oz boneless pork loin; marinated, seasoned and charbroiled.

De-lite Option **11.19**

5oz boneless pork loin, charbroiled, no seasoning.

280 calories | 11g fat | 90mg sodium | 0g carbs

Grilled Ham **11.49**

Thick slice of sugar-cured ham.



Fresh Salad Bar

As bountiful as a garden and as colorful as a quilt, the array includes fresh vegetables, prepared salads, and regional specialties that are constantly refilled and refreshed. We take pride in supporting our local growers and serve their fresh produce on our salad bar when in season. 8.99

**Salad bar and buffet sharers will be charged full price.*

MADE-FRESH SALADS

Southwestern Salad 9.99

Fresh, Romaine and iceberg lettuce mix with fajita-grilled chicken strips; topped with avocado, black beans, pico de gallo, tortilla strips and Mexican cheese blend. Served with a chipotle ranch dressing.

Strawberry Poppyseed Salad 10.19

Spinach and Romaine lettuce, marinated charbroiled chicken and strawberries topped with Feta cheese and honey roasted pecans. Served with poppyseed dressing.

De-lite Option 10.19

Made with 6oz boneless chicken breast, unmarinated and grilled; no cheese
510 calories | 27g fat | 260mg sodium | 9g carbs
with Feta, add 70 calories | 5g fat | 290mg sodium | 2g carbs

Charbroiled Chicken or Shrimp Caesar Salad 8.99

Fresh, Romaine lettuce mixed with Parmesan cheese and Caesar dressing, with your choice of charbroiled marinated chicken breast or shrimp. with chicken and shrimp combo, add 1.00

Taco Salad 8.49

Crisp salad in a taco shell bowl, topped with tomatoes, chili, cheese blend, salsa and sour cream.

Charbroiled Chicken Salad 9.99

Fresh, crisp salad tossed with garden vegetables and topped with Colby cheese and charbroiled marinated chicken breast.

De-lite Option 9.69

Made with 6oz boneless chicken breast, unmarinated and grilled; no cheese
320 calories | 6g fat | 150mg sodium | 9g carbs

Chef Salad lg 8.99, sm 7.99

Fresh, crisp salad tossed with garden vegetables and topped with hardboiled egg and Colby cheese. Choose chicken, ham, turkey or roast beef.

Caesar Salad 3.99

Fresh, Romaine lettuce mixed with Parmesan cheese and Caesar dressing.

SALAD DRESSINGS

Ranch*, French*, Sweet & Sour*, Thousand Island*, Italian, Blue Cheese*, Honey Mustard, Poppyseed*, Vinegar & Oil

**Denotes our homemade salad dressings.*

Fat Free Option

Ranch
Raspberry Vinaigrette

Healthy Options (30g servings)

Ranch
100 calories | 10g fat | 100mg sodium | 1g carbs
French
90 calories | 6g fat | 210mg sodium | 9g carbs
Sweet & Sour
190 calories | 15g fat | 30mg sodium | 13g carbs
Vinegar & Oil
140 calories | 15g fat | 0mg sodium | 0g carbs


HOMEMADE SOUPS

Ask for our Soup of the Day

Choose from Vegetable Beef, Chicken Noodle, Chili

Cup 2.99 | Bowl 3.99

CUP OF SOUP & SALAD BAR 9.59

 Signature Dishes

 Healthy Lifestyle Options

Notice The consumption of raw or under cooked meats, poultry, seafood, shellfish, eggs or milk may increase your risk of food borne illness. Therefore, Dutch Valley Restaurant cannot be held responsible for food ordered less than well done.

SIDES

À la Carte 2.49 each

Homemade Noodles

Real Mashed Potatoes & Gravy

Chicken or Beef Gravy

Homemade Dressing

(Stuffing) & Gravy

Chicken or Beef Gravy

Amish Potato Cakes

Baked Beans

French Fries

Creamed Corn

Steamed Vegetables

with Cheese Sauce

Coleslaw

Applesauce

Fruit Jello

Cottage Cheese

Healthy Options Sides —

Real Mashed Potatoes (no gravy)

100 calories | 2.5g fat | 270mg sodium | 18g carbs

Baked Potato

230 calories | 0g fat | 25mg sodium | 53g carbs

Baked Sweet Potato

130 calories | 0g fat | 45mg sodium | 33g carbs

Grilled Vegetables

35 calories | 0g fat | 30mg sodium | 7g carbs

Green Beans

20 calories | 0g fat | 270mg sodium | 4g carbs

Garden Blend Rice

180 calories | 1g fat | 610mg sodium | 40g carbs

Fresh Fruit

130 calories | 0g fat | 20mg sodium | 34g carbs

Side Salad *with cheese, add .30*

160 calories | 13g fat | 150mg sodium | 8g carbs

with cheese, add:

170 calories | 11g fat | 500mg sodium | 2g carbs

Additional .60 each —

Sweet Potato Fries

Sweet Potato Soufflé

Onion Rings

Signature Dishes

Healthy Lifestyle Options

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LIGHTER APPETITES

with Salad Bar, add 3.89 | with side dish, add 2.49 (unless stated otherwise)

Noodles over Mashed Potatoes  7.79

Homemade noodles over our own homemade mashed potatoes.

with turkey and gravy, add 1.00

Creamed Chicken 7.99

Creamy chicken mixed with vegetables and served over mashed potatoes and biscuits.

Chicken Strips 3pc 8.69, 2pc 7.69

Breaded chicken strips, served with your choice of dipping sauce and one side.

Half Sandwich & Soup 6.99

Half a sandwich: cold turkey, ham, chicken salad or tuna salad, served with a cup of soup.

Tilapia 9.19

6oz filet, served with one side dish of your choice.

Vegetable Plate 8.99

Any three side dishes and choice of coleslaw or tossed salad.

Low-Cal Plate 7.59

Cottage cheese, tomato slices and fruit.

with 6oz charbroiled chicken breast or

100% Angus Beef chopped sirloin, add 2.80

Chicken or Shrimp Stir Fry 11.09

Charbroiled marinated chicken breast or shrimp with sautéed vegetables—onions, cauliflower, carrots, mushrooms, broccoli, green peppers, and snow peas—served over rice mixed with a teriyaki glaze.

with chicken and shrimp combo, add 1.00

 **De-lite Option** 11.09

Made with 6oz boneless chicken breast, unmarinated and grilled

740 calories | 9g fat | 1,550mg sodium | 100g carbs

FISH & SEAFOOD

Include homemade white or wheat dinner rolls and your choice of two side dishes (unless noted).*

substitute one side with Salad Bar, add 1.29

Dinner roll - 120 calories | 2g fat | 320mg sodium | 23g carbs

Tilapia 13.49

8-10oz filet, served your choice of hand-breaded and deep-fried, blackened, or broiled and brushed with a Bearnaise sauce.

Cod Filet  11.99

8oz mild cod, deep-fried with crispy breading.

Haddock 12.69

8oz Atlantic Haddock, batter-dipped and deep-fried to perfection.

Seafood Platter 12.49

4oz cod and 3 pieces of deep-fried butterfly shrimp, served with hushpuppies, fries and coleslaw.*

Salmon 13.99

6-8oz seasoned filet, grilled tender.

 **De-lite Option** 13.99

6-8oz serving, grilled tender, no seasoning.


280 calories | 13g fat | 170mg sodium | 0g carbs

Shrimp 12.99

7 pieces of butterfly shrimp, lightly breaded and deep-fried to perfection.

Shrimp Skewers 13.19

10 pieces of shrimp, grilled with garlic butter or blackened.

 **Healthy Lifestyle Options** Look for this symbol throughout the menu for meals that are heart-healthy with fewer calories and lower in fat, carbohydrates and sodium.



Manhattans

Hot sandwich served with mashed potatoes and covered with gravy.
Your choice of roast beef, turkey, or meatloaf. *Full 9.39, Half 8.19*
with all white meat, add 1.50

SANDWICHES & WRAPS

*Served on homemade breads or grilled buns — with cup of soup, french fries or coleslaw.
with Salad Bar, add 3.89 | with cheese, add .30 (American, Swiss or Cheddar)*

Dutchman Burger 10.59

8oz charbroiled or blackened 100% Angus Beef chopped sirloin. Topped with American or Swiss cheese.

Dutchman Wrap 10.69

Iceberg lettuce, pico de gallo, shredded cheese and your choice of chicken or fish (charbroiled or blackened), wrapped in a fresh tortilla.

Western Burger 10.99

8oz charbroiled 100% Angus Beef chopped sirloin. Topped with Swiss cheese, mushrooms, grilled onions and barbeque sauce.

100% Angus Burger 8.89

Charbroiled 100% Angus Beef.
with bacon, add 1.29

Chicken Filet 8.59

Chicken breast, breaded and deep-fried to perfection.

Charbroiled Chicken 8.99

Boneless, marinated and charbroiled to perfection.

Buffalo Chicken 9.29

Crispy fried or skinless boneless chicken breast, smothered in buffalo sauce.

Hot Roast Beef 8.79

Turkey Bacon Club 8.99

Homemade white bread, American cheese, turkey, bacon, lettuce and tomato.

Turkey or Ham 8.99

Served hot or cold on your choice of freshly-baked bread.

Turkey Burger 8.19

Veggie Burger 7.99

Charbroiled all-vegetable patty with a hint of spice.

Cod 8.59

5oz filet, lightly breaded and deep-fried.

Tilapia 9.99

6oz filet, hand-breaded and your choice of deep-fried, blacked, or broiled and brushed with a Bearnaise sauce.

Reuben 8.99

Corned beef or turkey, sauerkraut and Swiss cheese on Rye, topped with Thousand Island dressing.

Tuna or Chicken Salad 8.59

Served with tomato and lettuce on your choice of homemade Rye, White or Wheat bread.

All-Beef Chili Dog 8.99

All-beef hot dog smothered with chili, cheese and onions

Grilled Cheese 6.59

Homemade bread with your choice of American, Swiss or Provolone cheese.

BEVERAGES

Soft Drinks 2.19

*Pepsi
Diet Pepsi
Mountain Dew
Diet Mountain Dew
Sierra Mist
Orange Crush
Root Beer
Dr. Pepper
(free refills)*

Cold Drinks 2.19

*Sweet Iced Tea
Unsweet Iced Tea
Raspberry Iced Tea
Garden Mint Iced Tea
Lemonade
(free refills)*

Freshly-Squeezed Juices

*sm 1.99, lg 2.69
Orange or Grapefruit*

Juices *sm 1.79, lg 2.49*

*Apple
Grape
Cranberry*

Milk *sm 1.79, lg 2.39*

White or Chocolate

Care Cup International
Fresh Ground Coffee 1.99
*Regular or Decaffeinated
(free refills)*

Hot Tea 1.79

*Regular, Decaffeinated
or Herbal*

Hot Chocolate 1.89

Cappuccino 1.89

Bottled Water 1.29