

The Wabash Room

Open from 7:00 a.m. to 7:00 p.m.

ALL-DAY BREAKFAST

♥ Eggs to Order

Boiled, poached, fried or scrambled--just tell us how you like them!

~ 100 calories on up ~

Belgian Waffle

One large waffle with your choice of toppings: bananas, pecans, blueberries or cooked apples. Enjoy!

~ 340 calories (without toppings) ~

Two Egg Omelet

Order a two-egg omelet plain, or add any of the following: cheddar, provolone, swiss cheese, tomatoes, onions, black olives, green pepper, fresh spinach, mushrooms, ham or bacon

~ 100 calories and up ~

Breakfast Meats

Your choice of two pieces of bacon, sausage patties or turkey sausage links

~ 86 - 110 calories ~

Hot or Cold Cereal

Hot Oatmeal or Grits and a variety of cold cereals. Brown sugar and raisins available for your oatmeal.

~ calories vary ~

Bagel with Low-Fat Cream Cheese

Several kinds of bagels available daily. Ask your server for details.

~ 230 calories ~

APPETIZERS

♥ Shrimp Cocktail

Four delicious shrimp paired with St. Elmo's famous sauce, lemon garnish
~ 70 calories ~

Ayres Tea Room Chicken Velvet Soup

Enjoy reminiscing with this Hoosier classic.
~ 270 calories ~

French Onion Soup

Broth with caramelized onions, toasted garlic baguette and swiss cheese.
~ 270 calories ~

Soup DuJour

Enjoy Chef Don's recipe of the day. Always homemade, hot and delicious.
~ calories vary ~

SANDWICHES

Flame-Grilled Hamburger or Cheeseburger

Enjoy a delicious flame-grilled burger plain or with American, cheddar, provolone or swiss cheese. Add lettuce, tomato or onion and condiments.
~ 500 calories ~

Tuna or Egg Salad Sandwich

Order one of these freshly-made sandwiches on your choice of bread..
~ 280/650 calories ~

Deli Sandwich

Your choice of meats, cheeses, vegetables and/or condiments of your choice.
~ 700-800 calories ~

♥ Vegetarian Delight

Sprouts, avocado, tomato, onion, spinach, mushrooms, yellow peppers and kale on a brioche' bun with a no-fat cream cheese herb spread.
~ 250 calories ~

LIGHTER FARE

♥ Chef Salad

Eat healthy with this salad of Romaine and iceberg lettuce accompanied by cheddar and swiss cheese, turkey, ham, hard boiled eggs, bacon, tomatoes, onions, carrots with a dressing of your choice.

~ 325 calories (without dressing) ~

♥ Grilled Tilapia, Salmon or Marinated Chicken Breast

Heart healthy and grilled to perfection.

~ 150 - 300 calories ~

♥ Low-Fat Yogurt Fruit Smoothie

Enjoy this delicious, healthy choice! Ask your server for the flavor of the day.

~ 125 calories ~

ENTRÉES

Ribeye Steak

Boneless, 6 oz., grilled to order

~ 348 calories ~

Pasta Primavera

Angel hair pasta and freshly sautéed vegetables in a creamy parmesan wine sauce

~ 680 calories *vegetarian ~

Maple-Glazed Roast Pork Tenderloin

A Hoosier favorite featuring maple syrup, ginger, molasses and more

~ 372 calories ~

♥ Stuffed Peppers

Our healthy version of a favorite, with ground turkey, brown rice and more.

~ 260 calories ~

Crab Cakes

So tasty you'll think you hear the ocean waves. Made from scratch and served with your choice of cocktail or remoulade sauce.

~ 420 calories ~

SIDES

♥ Wabash House Salad

~ 60 calories (without dressing) ~

Cottage Cheese

~ 100 calories ~

Cole Slaw

~ 150 calories ~

Roll with Butter

~ 220 calories ~

♥ Sweet Whole Baby Carrots

~ 80 calories ~

Country Style Green Beans

~ 60 calories ~

Potato - Baked Idaho, Baked Sweet, Hash Browns or Steak Fries

~ 150 calories/365 calories for fries ~

DESSERTS

♥ Ice Cream

Check with your server to learn what flavors are being featured today. (No-sugar added always available)

~ calories vary ~

Hot Fudge Cake

A favorite. Vanilla ice cream wedged between two slices of chocolate cake, covered in hot fudge and topped with whipped cream and a cherry.

~ 800 calories ~

♥ Key Lime Pie

Enjoy our healthier, lower sugar version.

~ 207 calories ~

Classic Cheesecake

Enjoy plain or with cherries on top.

~ 250 - 350 calories ~

♥ Fresh Fruit Cup

Get your Vitamin C with a cup of seasonal fruits, garnished with mint.

~ 70 calories ~

BEVERAGES

Coke® Products, Regular or Decaf Hot or Iced Tea, Regular or Decaf Coffee, Milk, Bottled Water or ask Your Server for the Selection of Juices for Today.

~ calories vary ~