

## VIRGINIA BEACH RESTAURANT ASSOCIATION RESTAURANT WEEK 2009 MENU

### NO FRILL BAR AND GRILL

#### Two course lunch @ \$10.09

##### Appetizer/Dessert choices (choose one)

Cup of soup du jour or our famous chili  
Caesar  
Homemade bread pudding  
No Frill Brownie sundae

##### Entrée choices (choose one)

Tuscan grilled chicken salad, lavash bread, sundried tomato vinaigrette  
balsamic drizzle  
Meatloaf sandwich, muenster cheese, grilled sourdough, waffle fries  
Seafood manicotti, petite field green salad, garlic bread

#### Three course dinner @ \$20.09

##### Appetizer choices (choose one)

Baked goat cheese stuffed romas  
Tuscan salad with crispy lavash bread  
Crab topped butternut squash bisque

##### Entrée choices (choose one)

Oyster stew, truffled mashed potatoes, frazzled leeks  
Mediterranean shrimp and scallop pasta  
Grilled sirloin steak, cheddar gratin potatoes, asparagus, giant O ring

##### Dessert choices (choose one)

Homemade bread pudding  
No Frill brownie sundae