





A, Salad Bar

Abundant fresh greens and vegetables along with large selection of gourmet salads, assorted dressings and toppings with freshly baked french bread and our homemade soup of the day

a, Pasta Bar

Our chef makes selections daily from a rotating cycle of 16 delicious pasta dishes

also a, Spinach Salad Bar

All the classic toppings for this healthy favorite

even a, Low Calorie Bar for the Health Conscious

Overflowing bowls of fresh fruits and berries, assorted cheeses, yogurts, nuts and whole grain breads for the calorie counters amongst us.

Low calorie desserts, too!

and a, Gourmet Burger Toppings Bar

Top your burger with any of the offerings from our Bountiful Rainbow of Foods

and finally a, Dessert Bar

Assorted cakes and pies, freshly baked cookies and create your own sundae with an unending variety of tempting toppings

As a great lunch before 5 p.m. 6⁹⁵

A great dinner after 5 p.m. 11⁹⁵

Dessert Bar (only) 4⁵⁰

Connecticut's largest Dessert Bar –
late nite after 11 p.m. (all you can eat) _____

This is the "The Bountiful Rainbow of Foods"

"Snacks / Appetizers & Soups"

Sandwiches

Salads & Omelettes

Seafood

Mesquite Grille

Sunday Brunch

Spa  CROMWELL Menu

Specialty Drinks/Wine List

"Get into the Act"



Cheese Fritters ... \$3.75

Fresh mozzarella coated with seasoned bread crumbs, fried golden brown and served with marinara sauce

Fried Ravioli ... \$3.75

Lightly breaded, deep fried cheese ravioli served with cheese sauce

Potato Skins ... \$3.95

Deep fried gold potato skins served with melted cheddar cheese, bacon and a side of sour cream

Nachos ... \$3.95

Mounds of tortilla chips topped with tomato, green pepper, onion, jalapeno slices, black olives and melted jack cheese

Stuffed Mushroom Caps ... \$3.95

Baked seafood stuffed mushrooms laced with a Hollandaise sauce

Chicken Fingers ... \$3.95

Strips of tenderloin chicken lightly breaded, fried golden brown, served with our special sauce

Clams Casino ... \$5.50

6 littleneck clams wrapped in bacon, baked and topped with casino butter

Peel and Eat Shrimp ... \$6.75 per 1/4 lb.

Spicy steamed shrimp served on ice by the quarter pound with creole cocktail sauce

Mussels Mueniere ... \$5.25

Fresh mussels steamed in a white wine and garlic broth served with garlic bread

Melody of the Sea ... \$6.95

Fresh clams, oysters, shrimp and crab claws served on ice with creole cocktail sauce

Shrimp Cocktail ... \$6.25

With any item above you may enjoy
the "Bountiful Rainbow of Foods" for only ... \$3.95 Lunch \$6.95 Dinner

Soups Soup of the Day ... \$1.95 New England Clam Chowder ... \$2.75
 Mexican Chili ... \$2.75 Baked French Onion ... \$2.75

"Snacks / Appetizers & Soups"

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HOT SANDWICHES

The Dipper . . . 695

Hot roast beef sandwich with melted brie cheese served on french bread with au jus for dipping

Steak Sandwich . . . 695

Sirloin steak served on french bread with sauteed onions and mushrooms

The Rueben . . . 525

Shaved corned beef grilled with sauerkraut, swiss cheese and russian dressing served on rye bread

Pastrami & Swiss . . . 525

Shaved pastrami grilled with melted swiss cheese served on rye bread

The Cromwell . . . 575

Fried chicken cutlet served with lettuce, tomato, mayonnaise and swiss cheese on a croissant

Oliver's Twist . . . 595

Ham and turkey grinder with sliced tomatoes, swiss cheese and russian dressing on french bread

COLD SANDWICHES

Build Your Own, Choose One or All . . . 795

Choice of turkey, corned beef, roast beef, chicken salad, tuna salad, ham, cheddar, provolone, Monterey jack, Swiss, garnished with lettuce, onion and sprouts

Club . . . 595

Triple decker sandwich with your choice of ham, turkey or roast beef with bacon, lettuce, tomato and mayonnaise on toast

Crabmelt . . . 650

Crabmeat salad served on an English muffin topped with melted cheddar cheese

Croissant Sandwich . . . 675

Chicken salad, tuna salad or crab Louis on a croissant

Vegetarian Croissant . . . 525

Avocado, spinach, alfalfa sprouts, tomato and mayonnaise on a freshly baked croissant

With any item above you may enjoy

the "Bountiful Rainbow of Foods" for only . . . 395 Lunch

695 Dinner

Sandwiches

Salads & Omelettes

Seafood

Mesquite Grille

Sunday Brunch

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"Get into the Act"



SALADS

Cafe Etches "Bountiful Rainbow of Foods" . . . see previous page

Dinner Salad . . . \$2.50

Mixed greens garnished with tomato, cucumber, red onion and alfalfa sprouts with your choice of dressing

Neptune Chef Salad . . . \$6.95

Poached scallops, shrimp, tuna and crabmeat served on hearty greens garnished with tomato, cucumber and egg sections

Crab Salad . . . \$6.95

Crabmeat salad garnished with tomato, cucumber and egg sections served with Louis sauce

Taco Salad . . . \$5.95

Mixed greens on a bed of tortillas with diced onion, green pepper, tomato, jalapeno peppers, ripe olives and shredded cheese with tangy salsa sauce

OMELETTES

Three Eggs to Egg you On!!!

Spanish . . . \$4.95

Red peppers, green peppers and onion with a tangy tomato sauce and cheddar cheese

Vegetarian . . . \$4.95

Avocado, spinach, tomato and alfalfa sprouts served with guacamole and sour cream

Western . . . \$4.95

Ham, green pepper, red pepper and onion

Seafood . . . \$5.50

Scallops, shrimp and crabmeat with swiss cheese

Create Your Own . . . \$4.95

*A selection of 2 items; more than 2, 50¢ each
cheese (American, Cheddar, Swiss), ham, bacon, red pepper, green
pepper, mushrooms, tomato, onion*

*With any item above you may enjoy
the "Bountiful Rainbow of Foods" for only . . . \$3.95 Lunch \$6.95 Dinner*

**Salads & Omelettes
Seafood**

Mesquite Grille

Sunday Brunch

Spa CROMWELL Menu

Specialty Drinks/Wine List

"Get into the Act"



Scrod . . . \$13.95

Baked with a fine herbs, bread crumb topping napped with lemon and white wine

Stuffed Flounder . . . \$14.95

Seafood stuffed flounder laced with Mornay sauce

Shrimp Scampi . . . \$17.95

Jumbo shrimp baked in white wine, lemon and garlic butter

Scallops . . . \$15.95

Broiled with fine herbs, bread crumbs, lemon and white wine

Seafood Brochette . . . \$18.95

A fresh medley of grilled seafood served with maitre d'hotel butter

Shrimp Jambalaya . . . \$17.95

Jumbo shrimp with julienne of vegetables and ham served in a tangy tomato sauce

Beer Batter Shrimp . . . \$17.95

Gulf shrimp coated with a light malt batter, deep fried golden brown

Fried Catfish . . . \$13.95

Southern style served with corn fritters and Remoulade sauce

Catch of the Day . . .

Freshest seafood available prepared to the Chef's liking

Served with the "Bountiful Rainbow of Foods", vegetables and your choice of baked potato, french fries or Chef's rice

Seafood

Mesquite Grille

Sunday Brunch

Spa  **CROMWELL** **Menu**

Specialty Drinks/Wine List

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APPETIZERS

**Texas Style
Broiled B.B.Q. Shrimp** 7.25

Skewered gulf shrimp served with our own famous b.b.q. sauce

Cowboy Short Ribs 4.75

Marinated in our own famous hot and spicy sauce cooked over mesquite coals

Buffalo Chicken Wings 3.95

Marinated and cooked over mesquite coals served hot and spicy

Smoked Sausage Platter 4.95

Variety of sausages broiled hot and juicy

Western Sampler 7.95

Cowboy short ribs, buffalo chicken wings, smoked sausage, b.b.q. shrimp

GOURMET BURGERS

and top it with anything from our Rainbow Bar

Just Burger 3.30

Ground sirloin served on a hard roll

Tenderfoot Burger 5.50

Ground sirloin served on an English muffin garnished with bacon, red onion, lettuce and tomato with sharp cheddar cheese

Mexican Burger 5.75

Ground sirloin served on a hard roll with chili and sharp cheddar cheese

Cajun Burger 5.95

Ground sirloin garnished with julienne red & green peppers, and onion served with a spicy tomato sauce and cheddar cheese

With any item above you may enjoy the "Bountiful Rainbow of Foods" for only 3.95 Lunch 6.95 Dinner

ENTREES

New York Sirloin 16.95

12 oz. center cut New York strip steak broiled to your taste

Filet Mignon 17.95

8 oz. center cut beef tenderloin wrapped in bacon served with Bordelaise sauce

Barbecued Baby Back Ribs 13.95

Pork ribs broiled with Treadway's own famous barbecue sauce

Grilled Lamb Chops 17.95

Center cut lamb chops served with mint jelly

Mixed Grill 14.50

Grilled lamb chop, chicken breast and smoked sausage

Grilled Breast of Chicken 13.95

Boneless breast of chicken served with broccoli, a red pepper and sherry wine sauce

Served with the "Bountiful Rainbow of Foods", vegetables and your choice of baked potato, french fries or Chef's rice

Mesquite Grille

Sunday Brunch

Spa CROMWELL Menu

Specialty Drinks/Wine List

"Get into the Act"



11:00 a.m. — 3:00 p.m.

Served with a selection of freshly baked assorted pastries, your choice of freshly squeezed orange or grapefruit juice and coffee, tea or decaffeinated coffee, and of course, our "Bountiful Rainbow of Foods."

MAIN COURSES

Choice of One:

"Bountiful Rainbow of Foods" . . . 8.95

As a brunch

Eggs Nouvelle Orleans . . . 12.95

Poached eggs with brandied cream sauce garnished with crabmeat

Huevos Monterey . . . 11.95

Tortillas with artichoke hearts, fried eggs, topped with cheese

Creole Shrimp Omelette . . . 11.95

Cajun style, garnished with red and green peppers, onion, celery and baby shrimp served with a hot tomato sauce

California Omelette . . . 10.95

Avocado, spinach, tomato and alfalfa sprouts served with guacamole and sour cream

Western Omelette . . . 10.95

Ham, green pepper, red pepper and onion

Grilled Breast of Chicken . . . 12.95

Boneless breast of chicken served with broccoli, a red pepper and sherry wine sauce

Fillet of Sole Santa Monica . . . 13.95

Poached fillet of sole in white wine cream sauce garnished with white grapes

San Francisco Fried Trout . . . 13.50

Pan fried, served with Remoulade sauce, garnished with fried parsley

Texas Grilled Strip Steak . . . 14.95

Mesquite grilled, served with chili butter and barbequed mushrooms

Sunday Brunch

Spa CROMWELL Menu

Specialty Drinks/Wine List

"Get into the Act"



LOW CALORIE LUNCHEON

Shrimp Salad Plate 695

191 calories, 24 g. protein, 6 g. fat, 7 g. carbohydrates,
159 mg. sodium, 78 mg. cholesterol

Oriental Chicken and Vegetable Plate 550

270 calories, 29 g. protein, 16 g. fat, 64 g. carbohydrates,
421 mg. sodium, 87 mg. cholesterol

Sauteed Veal Scallopine 575

360 calories, 34 g. protein, 26 g. fat, 19 g. carbohydrates,
640 mg. sodium, 183 mg. cholesterol

Chicken Jambalaya 525

350 calories, 36 g. protein, 6 g. fat, 27 g. carbohydrates,
361 mg. sodium, 82 mg. cholesterol

Broiled Flounder 550

lemon juice, nutmeg, margarine, blanched almonds

277 calories, 28 g. protein, 14 g. fat, 9 g. carbohydrates, 830 mg. sodium, 78 mg. cholesterol

LOW CALORIE SELECTIONS

Starters

Oysters Rockefeller 695

Baked oysters stuffed with a hot and spicy spinach and bacon stuffing

Per serving — 81 calories; 5 g. protein, 5 g. fat, 4 g. carbohydrates, 177 mg. sodium, 17 mg. cholesterol

Chicken Saute with Peanut Sauce 550

Indonesian chicken strips in a chunk style peanut butter sauce

Per serving — 175 calories; 8 g. protein, 4 g. fat, 3 g. carbohydrates, 781 mg. sodium, 16 mg. cholesterol

Melon and Asparagus Valenciana 395

An appetizer of melon in season, tomato slices and asparagus
served with a low calorie mayonnaise

Per serving — 98 calories; 6 g. protein, 5 g. fat, 11 g. carbohydrates, 220 mg. sodium, 138 mg. cholesterol

Low Calorie Dinners

Shrimp with Lobster Sauce 1495

Chinese stir-fried shrimp in a light seafood sauce served on rice

Per serving — 250 calories; 8 g. protein, 4 g. fat, 7 g. carbohydrates, 523 mg. sodium, 43 mg. cholesterol

Orange Chicken 1295

Boneless chicken breast sauteed with julienne red and green peppers
in a light sherry wine sauce garnished with orange zest.

Per serving — 260 calories; 31 g. protein, 9 g. fat, 6 g. carbohydrates, 400 mg. sodium, 99 mg. cholesterol

Veal Valdostana 1395

Baked breaded veal cutlet with fontina cheese served with fresh lemon

Per serving — 451 calories; 34 g. protein, 26 g. fat, 19 g. carbohydrates,
643 mg. sodium, 183 mg. cholesterol

With any item above you may enjoy
the "Bountiful Rainbow of Foods" for only 395 Lunch 695 Dinner

Spa CROMWELL Menu

Specialty Drinks/Wine List

"Get into the Act"



TRADITIONAL BEVERAGES

Freshly ground brewed coffee95
Freshly ground and brewed decaffeinated coffee95
Freshly ground and brewed specialty coffee	1.25
Freshly brewed and chilled iced tea95
Freshly ground, brewed and chilled iced coffee Your choice of coffee	1.25
Fountain Sodas95
Coke, Diet Coke, 7 Up, Root Beer, Cream Soda95
Sparkling Waters	
Fruit Flavored Seltzers, Mineral Waters, Spring Waters	2.50

HOT DRINKS . . . \$4.25

Chocolate Covered Strawberry — Hot chocolate and strawberry liqueur
German Apple — Spiced cider and apple schnapps
William Tell — Spiced cider and William Pear liqueur
Italian Coffee — Amaretto or Anisette and coffee topped w/whipped cream and nutmeg
Irish Coffee — Irish whiskey and coffee topped with whipped cream and a dash of creme de menthe
Keko Coffee — Kahlua and brandy topped w/whipped cream and cinnamon

WINE COOLERS . . . \$3.25

Peach Wine Cooler — Peach Brandy, White Wine, Soda
Strawberry Wine Cooler — Strawberry liqueur, White Wine, Soda
Raspberry Wine Cooler — Chambord, White Wine, Soda

CONCOCTIONS . . . \$3.75

Fuzzy Navel — Peach brandy and orange juice
Daddy I Don't Want to Drink This — Tequila, lime juice, triple sec, and blackberry brandy
Cherry Rum Fizz — Rum, cherry liqueur, lime and soda
Frozen Fruit Daiquiris, Margaritas and Coladas — apple, strawberry, banana, peach, raspberry, blueberry
Melon Ball — Midori, orange sherbet, and fresh squeezed orange juice
Persian Kitty — Triple sec, white creme de cacao, grenadine, creme de Noyeaux and vanilla ice-cream
Toasted Almond — Amaretto, kahlua, and vanilla ice-cream

LIGHT ALCOHOL

Taylor light wine	3.00
Anheuser Busch/L.A. Beer	2.50

CHAMPAGNE & SPARKLING WINES

BIN NO.	DRY WHITE WINE	
1	Chardonnay, River Oaks	14.00
2	Sauvignon Blanc, Rutherford Hill	15.00
3	Chenin Blanc "Dry," Dry Creek	12.00
MEDIUM DRY WHITE WINE		
4	Bordeaux Blanc, Dircks et Fils	9.00
5	Johannisberg Riesling, Chateau Ste. Michelle	13.00
BLUSH WINE		
6	White Zinfandel, Sutter Home	10.00
FRUITY RED WINE		
7	Beaujolais Village, Chateau de Champrenard	15.00
DRY RED WINE		
8	Cabernet Sauvignon, Simi	18.00

CHAMPAGNE FLORALS . . . \$3.50

Poinsettia — Triple Sec, champagne and cranberry juice
Mimosa — Fresh squeezed orange juice and champagne
Fushia — Fresh squeezed orange juice, chambord, and champagne

MOCKTAILS

Mocktails, refreshing flavorful, non-alcoholic

	Glass	Pitcher
Peach Glacier	3.00	7.50
Peach nectar, fruity sherbet, honey, almond & fresh lime juice		
Strawberry Not A Colada	3.00	7.50
Strawberries, pineapple juice and coconut milk		
Pina Not A Colada	3.00	7.50
Coconut milk, pineapple juice and a shot of soda		
Creamy Cranberry Refresher	3.00	7.50
Cranberry juice, ginger ale, milk, and ice		
Freshly Squeezed Lemon Aid	1.75	5.25
Fresh lemon juice and sugar or sweetener		
Freshly Brewed Iced Coffee or		
Iced Tea	1.25	3.95
Fresh brewed coffee or tea on ice		
Black Cow, O Wow	3.50	N/A
Root beer, vanilla ice cream		
Frozen Mockarita	3.00	7.50
Fresh lemon and lime juice, dash of orange juice & sugar or sweetener		
Chocolate Amaretto Creme	3.00	7.50
Cocoa, almonds, evaporated milk, bitters and sweetener		
Raspberry Yogurt Smoothie	3.00	7.50
Raspberries, apple juice, vanilla yogurt, honey and ice		
Hot And Sassy Mary	3.00	7.50
Traditional eye opener with a spicy kick		
Orchard Favorite	2.75	6.95
Apple cider, ginger ale and grenadine		
Ginger Honey Dew Refresher	3.00	7.50
A freshing melon and ginger slush		
Kaliber — Non Alcoholic Beer	3.00	—
St. Regis — Non Alcoholic Wine	3.25	—

CHAMPAGNE & SPARKLING WINES

BIN NO.	MEDIUM DRY SPARKLING WINE	
9	Sparkler, Sutter Home	15.00
DRY SPARKLING WINE/CHAMPAGNE		
10	Domaine Chandon, Brut	22.00
11	Moet & Chandon, Brut Imperial	38.00
12	Dom Perignon	100.00

HOUSE WINE

Dircks et Fils (A French Bordeaux)
Blanc, Rouge, Rose, By-The-Glass

OR

HOUSE WINE
California Dircks
Blanc or Rouge, By-The-Glass

Specialty Drinks/Wine List

"Get into the Act"

GET INTO THE ACT!



Cafe ETCHES Presents...

- A lively menu featuring a varied melting pot cuisine
- The "Bountiful Rainbow of Foods" Bar which includes a Salad Bar, Pasta Bar, Spinach Bar, Health Food Bar, Gourmet Burgers Toppings Bar and...
- Connecticut's largest Dessert Bar , late nite
- Crayons and collectibles we encourage you to have fun with
- Children's Menu and Special Gifts
- Memorable Birthday Packages tailored to your needs and desires
- Art Fair Sunday Brunch coming soon
- Available for Parties are: Magicians, Clowns, Mimes, Balloon-Benders and our own multi-talented Sketches Players
- FREE Celebration Sensation Package

Club SKETCHES presents...

- A Ticket to experience an unforgettable evening's Fantasy
- A Semi-Private Club
- Gold Card Membership includes Free Cover, Special Parties, and a Complimentary Spa Cromwell Membership, and much, much more
- Service you can depend on; Surprises you can never predict
- Our Players will entertain as well as see to your every need
- A full time Entertainment Director for your special needs
- An enforced dress code
- A myriad of very special promotions
- Regular Prizes
- Novelty acts
- An electrifying phenomenon in Entertainment!



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TREADWAY CROMWELL HOTEL

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"Get into the Act"