

Healthy Multigrain Selections

A five grain blend of white quinoa, wheat berries, barely, wild rice, and red quinoa with tomatoes, onion, sweet corn, and spinach. Garnished with mixed greens, tossed in a citrus vinaigrette 14.

Topped with your choice of

Grilled Shrimp

Cajun Grilled Salmon

Mesquite Grilled Chicken

Vegetarian

Sautéed peppers, onions, tomatoes, mushrooms, and zucchini



Available Saturday and Sunday

Boneless Prime Rib

Over one pound, slow roasted for several hours.
Cooked to your liking, served with pan-dripped Au Jus 27.

Sunday

Oven Roasted Half Chicken

Marinated overnight with Chef's secret seasoning and slow roasted to perfection.
Served with saffron rice and vegetables 14.

Monday

Stuffed Peppers

Green & Red peppers stuffed with lean ground beef, onions, celery and rice, finished with our homemade tomato sauce & parmesan cheese.
Served with penne pasta 13.

Tuesday

Baked Lasagna

Layers of ground beef and pork, ricotta, mozzarella cheese and tomato sauce.
Served with garlic bread and a side salad 13.

Wednesday

Chicken Pot Pie

Cowesett Inn's own recipe, packed with an abundance of celery, carrots, peas, potatoes and tender chicken breast served with a side salad 13.

Thursday

Grilled Meatloaf

Made with fresh ground beef and house seasoning
Finished with mushroom gravy.
Served with potato and vegetable 14.

Friday

Linguini with Clam Sauce

Chopped clams sautéed with fresh garlic,
Finished with 4 littlenecks.
Served with red or white sauce 15.

Saturday

Yankee Pot Roast

Slow roasted with fresh carrots,
Served over mashed potatoes 16.