

# Eat at Strongbow Inn AND benefit your Valparaiso Family YMCA!

THROUGHOUT THE MONTH OF FEBRUARY

Please ask  
for the  
charity  
menu!



## Lunch Menu

### Bay Scallops St. Jacques \$10.00

Baby Bay Scallops sautéed with a sherry cream sauce served on Fettuccine. Includes 1 YMCA Cookie for each entrée.

### Crispy Chicken Wrap \$8.50

Crispy Fried Chicken with lettuce, tomato, cheddar cheese and our own Homestead Dressing. Includes 1 YMCA Cookie for each entrée.



## Dinner Menu

### Blackened Ribeye \$16.95

10 oz. choice Ribeye dusted with Cajun seasonings and blackened in a cast-iron skillet. Served with potato and vegetable du jour. Includes 1 YMCA Cookie for each entrée.

### Smothered Chicken \$16.75

Sautéed boneless Chicken Breast smothered with warm diced tomatoes, onions, mushrooms and peppers.

Served over Whipped Potatoes.

Includes 1 YMCA Cookie for each entrée.

**Tax and Gratuity additional**  
**Not valid with any other Promotion or Discount**  
**Please No Substitutions**  
**CARRY OUT AVAILABLE**

Choose an entrée from the above menus and the Valparaiso Family YMCA will receive 10% of every meal.

*A big "Thank You" to Strongbow Inn for helping us to build strong kids, strong families, and a strong community.*