

light fare



🍴 SPECIAL ENTRÉE SALADS

Caesar Salad topped with Grilled Chicken, Shrimp or Salmon

Served on a bed of romaine with Parmesan cheese, croutons, and Caesar dressing

Greek Salad topped with Beef Tenderloin or Chicken

Mixed greens, diced tomatoes, Feta cheese and Greek olives with marinated charbroiled steak or chicken

Avocado & Shrimp Salad

Avocado and shrimp on a bed of mixed greens drizzled with a grapefruit vinaigrette and served with Cheddar cheese crackers | *Optional: Chicken*

🍴 SANDWICHES

Served with lettuce, tomato and pickle with your choice of fries or fresh fruit

Chicken Salad on Croissant

Fresh diced white meat chicken prepared with light mayonnaise

Grilled Cheese Sandwich

Grilled on your choice of bread with Swiss or American cheese

Grilled Chicken Sandwich

Char broiled marinated chicken breast served on a fresh bun

Deli Sandwich

Choice of shaved turkey or ham with Swiss or American cheese on your choice of bread

Grilled Hamburger on a Bun

Char broiled fresh ground beef with your choice of Swiss or American cheese

Catch of the Day

Seasoned with olive oil, spices, grilled and served on a bun with tartar sauce & lemon

wellness entrees

Served with your choice of steamed vegetable, side salad or fresh fruit

Roasted Pork Tenderloin

Pork tenderloin seasoned with garlic and pepper and served with oven-roasted potatoes and fresh steamed spring vegetables

Calories: 254 | Fat: 9 g | Sodium: 69 mg | Fiber: 3 g
Chol: 44 mg | Carbs: 25 g

Vegetable Linguine

Fresh vegetables including sweet green peppers, tomatoes, onions, zucchini, and eggplant tossed in linguine with olive oil and fresh basil

Optional: Grilled chicken or shrimp

Calories: 167 | Fat: 4 g | Sodium: 199 mg | Fiber: 2 g
Chol: 8 mg | Carbs: 28 g

Chicken Stir Fry

A light soy-sherry sauce stir-fried with ginger, garlic, and green onion along with fresh carrots, cauliflower, and broccoli | Served over brown rice | *Optional: Shrimp or Beef*

Calories: 281 | Fat: 7 g | Sodium: 216 mg | Fiber: 3 g
Chol: 43 mg | Carbs: 19 g

Steamed Fresh Catch

Steamed fresh catch with a light soy ginger glaze served on a bed of Oriental vegetables and Sobo noodles

Calories: 201 | Fat: 2 g | Sodium: 306 mg | Fiber: 2 g
Chol: 29 mg | Carbs: 20 g

**Wellness items meet the American Heart Association criteria*

dinner entrees

Grilled Petite Filet

The most tender cut of beef char broiled to perfection and topped with today's specialty

Catch of the Day

Chef inspired fresh fish creation topped with today's specialty

Grilled Salmon

Fresh salmon filet char broiled and topped with today's specialty

Liver & Onions

Beef liver sautéed with freshly sliced onions

Chicken Piccata

Sautéed chicken breast with lemon and caper sauce

Penne Pasta

Grilled chicken with broccoli sauce on a bed of penne pasta

Shrimp Scampi

Jumbo shrimp sautéed in butter, garlic and white wine

🍴 SIDE ITEMS

French Fries

Sweet Potato Fries

Rice

Baked Potato

Baked Sweet Potato

Baked Apples

Green Beans

Spinach

Asparagus

Broccoli

Cole Slaw

Chef's Vegetable Feature

Fresh Fruit

desserts

Chef's Dessert Feature

Ask your server about the available selections

Assorted Cakes

Ask your server about the available selections

Assorted Pies

Ask your server about the available selections

Brownie

Ice Cream

Ask your server about all of our available flavors
Sugar-free selections available

Sherbet

Ask your server about the available selections

🍴 BEVERAGES

Coffee

Hot Tea

Milk

Soft Drinks

Juice

Iced Tea

Assorted Wines

Assorted Beers

🍴 Reservations 772-345-2700