



# LUNCHEON

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## APPETIZER AND SALAD

**STEAMED FRESH BLACK MUSSELS** | Vegetable Beurre Blanc & Toasted Garlic Bread

**ASSORTED BRUSCHETTA** | Classic Tomato, Mushroom & Olive, Avocado



**VITAMIN SALAD** | Crunchy Lettuce with Kiwi, Melon, Orange, Radish,  
Sunflower Seeds & Honey-Buttermilk Dressing

**Traditional favorite dressings available plus today's specials:**

Fat Free Balsamic | Low-Calorie Yogurt Honey

## SOUP



**CREAM OF CAULIFLOWER** | Roasted Artichoke & Hazelnut Cremolata  
*Low-sodium Soups and plain Broth are available upon request*

## PASTA SPECIAL



**CONCHIGLIE RIGATE "QUATTRO FORMAGGI"** | Cream Sauce, Four Kind of Cheese  
*Available as Appetizer or Main Fare*

## MAIN FARES

**CREAMY TUNA SALAD** | Assorted Lettuce, Celery, Boiled Egg, Fennel, Tomato,  
Olives & Warm Focaccia Bread

**FARMER'S VEGETABLE & CHICKEN SALAD** | Diced Tomato, Cucumber, Bell Peppers, Red Onions,  
Olives & Feta Cheese, Herb Vinaigrette, Grilled Chicken Breast

**FISHERMAN'S PLATTER** | Golden Fried Fresh Pollock Filets, Shrimps, Bay Scallops & Oysters,  
Wedge Potatoes, Creamy Cucumber Salad, Lemon-Herb Aioli

**SANDWICH OF THE DAY: THE B.L.T. AND BRIE** | Fresh Sourdough Bread with Tomato, Lettuce,  
Crisp Bacon and Brie Cheese, Napa Cabbage-Apple Slaw & Sweet Potato Fries

**MIXED GRILL** | Chicken Tenders, Filet Mignon, Jumbo Prawns & Chorizo, Garlic-Mashed Potatoes,  
Gratinated Tomato, Fresh Asparagus & Peppercorn Demi Glaze



**TORTILLA ESPANOLA** | Spanish Potato Tart with Onions, Mushrooms, Cauliflower &  
Manchego Cheese, Red Pepper Coulis, Herb Salad

**HAMBURGER OR CHEESEBURGER\*** | Homemade Regular or Whole Wheat Bun, Pickles,  
Tomatoes, Sliced Onion Rings and French Fries

**Additional Toppings:**

Applewood Smoked Bacon | Grilled Onions | Swiss, Blue or Cheddar Cheese

## SIDES

**STEAMED RICE | RATATOUILLE | BAKED POTATO | STEAMED VEGETABLES**

Upon request, dishes are available without sauce, and main courses can be served as half portions.



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## DESSERT

**PISTACHIO TRUFFLE TART À LA MODE** | Sugar Dough Crust, Caramelized Pistachios & Chocolate Filling

**MARBLE CREAM CHEESE PIE** | Graham Cracker Crust, Cream Cheese Filling & Fudge Sauce

## ICE CREAM SUNDAE

**ROMANOFF** | Vanilla Ice Cream, Marinated Strawberries, Strawberry Cream & Chocolate Shavings

## SUGAR-FREE DESSERT

**POMEGRANATE MOUSSE** | Whipped Cream & Pomegranate Purée

## ICE CREAM

**VANILLA, COFFEE BUZZ BUZZ, STRAWBERRY** | your choice of Butterscotch, Raspberry or  
Chocolate Topping

## FRESHLY FROZEN NONFAT YOGURT

**BLACK CURRANT**

## SHERBET

**LEMON**

## FRUIT & CHEESE

**SLICED FRUITS IN SEASON**

**WORTHY OF FRENCH & INTERNATIONAL CHEESE** | From the finest to the most exotic