



# LUNCHEON

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## APPETIZER AND SALAD

**ASSORTED SEAFOOD PLATE\*** | with Marinated Lettuce & Cocktail Sauce



**MIXED GREENS** | with Tomatoes, Red Onions, Fennel & Olives

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

Fat Free Italian | Low-Calorie Yogurt Dill

## SOUP



**CREAM OF FRESH GARDEN VEGETABLES** | with Whole Wheat Croutons

*Low-sodium Soups and plain Broth are available upon request*

## PASTA SPECIAL

**LINGUINE "BOLOGNESE"** | Meat Sauce & Parmesan Cheese

*Available as Appetizer or Main Fare*

## MAIN FARES

**TRADITIONAL COBB SALAD** | Diced Chicken, Tomatoes, Iceberg and Romaine Lettuce, Crumbled Blue Cheese, Boiled Egg, Avocado and Crisp Bacon, Tossed with Light Herb Vinaigrette

**BROILED ROCKFISH\*** | Chive Mashed Potato, Glazed Carrots, Chardonnay Beurre Blanc

**SANDWICH OF THE DAY: CRYSTAL'S FRENCH DIP\*** | Sourdough Bread Bun, Pink Roasted Beef Striploin, Horseradish Aioli, Fresh Spinach, Gruyère Cheese, Onion Dipping Jus & French Fries

**TURKEY SCALLOPINI "PARMIGIANA"** | Breaded and Golden Fried, Gratinated with Tomato Sauce & Mozzarella, Fettuccine, Mushroom-Alfredo Sauce, Broccoli



**GREEN SPLIT PEA BURGER** | Toasted Sesame Bun, Grilled Eggplant, Caramelized Onions, Creamy Apple-Cabbage Slaw & French Fries

**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** | **FRESH SPINACH** | **BAKED POTATO** | **STEAMED VEGETABLES**

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

Vegetables are also available steamed, without butter or salt.

## WINE

### WHITE

Viognier, Reserve Spéciale, Gérard  
Bertrand, Sud de France 2018

### RED

Merlot, Ronan by Clinet, Bordeaux,  
France 2014

\*United States Public Health Advisory: Consuming raw or under cooked meats, poultry, seafood, shellfish, or eggs increase your risk for food — borne illnesses, especially if you have certain medical conditions.



Indicates Vegetarian selections and may include dairy products

TUESDAY, NOVEMBER 12, 2019



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## DESSERT

**RHUBARB STRAWBERRY TART À LA MODE** | Baked Rhubarb Strawberry Sugar Tart

**CHOCOLATE COOKIE ICE CREAM SANDWICH** | Chocolate Chip Cookies filled with Vanilla Ice Cream

## ICE CREAM SUNDAE

**PEACH MELBA** | Vanilla Ice Cream, Poached Peach, Raspberry Sauce, Whipped Cream, Chocolate Shavings

## SUGAR-FREE DESSERT

**DARK CHOCOLATE PANNA COTTA** | Italian Chocolate Pudding

## ICE CREAM

**VANILLA, COOKIE DOUGH, STRAWBERRY** | your choice of Butterscotch, Raspberry or Chocolate Topping

## FRESHLY FROZEN NONFAT YOGURT

**PISTACHIO**

## SHERBET

**PINEAPPLE**

## FRUIT & CHEESE

**SLICED FRUITS IN SEASON**

**VARIETY OF FRENCH & INTERNATIONAL CHEESE** | Traditional Condiments & Crackers