






LUNCHEON

APPETIZER AND SALAD

-  **TRADITIONAL FALAFEL** | Hummus & Rosemary Pita
 - PULPO E FEIRA** | Marinated Octopus Salad with Beans, Roasted Peppers and Olives
 -  **MARINATED GRILLED VEGETABLE SALAD** | Creamy Pesto Dressing, Arugula, Parmesan
- Traditional favorite dressings available plus today's specials:
Fat Free Balsamic | Low-Calorie Yogurt Honey

SOUP

-  **PASTA E FAGIOLI** | Italian Bean Soup with Pasta & Sage
Low-sodium Soups and plain Broth are available upon request

PASTA SPECIAL

- LASAGNE VERDE AL CASALINGA** | Served with Tomato Sauce
Available as Appetizer or Main Fare

MAIN FARES

- OCEAN GARDEN BASKET*** | Shrimp Salad, Scallops & Grilled Salmon Iceberg Lettuce Basket, Boiled Egg & Lemon-Chive Dressing
 - GRILLED CHICKEN WRAP** | Hummus, Tabouli, Feta Cheese, Olives, Lettuce & Tomato, Wrapped in a Herb Tortilla, Vegetable Chips, Tossed Green
 - FRESH PORTUGUESE SEA BREAM** | Bell Pepper Ragout, Parsley Potatoes & Garlic Butter
 - SANDWICH OF THE DAY: CHIMICHURRI LAMB*** | Pink Roasted Lamb, Caramelized Onion Bun, Grilled Eggplant, Garlic Aioli, Chimichurri Sauce, Havarti Cheese, Oven Fries & Three Bean Salad
 - PAELLA VALENCIANA*** | Saffron Rice Dish with Chicken, Assorted Seafood, Chorizo, Seasonal Vegetable, Aioli
 -  **SPANAKOPITA** | Spinach Pie with Crisp Filo, Feta and Dill, Tzatziki & Chopped 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** | **BELL PEPPER RAGOUT** | **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

Sauvignon Blanc, Wavertree,
Wedell Cellars, Sta. Rita Hills 2012

RED

"Blau," Carignan, Garnacha & Syrah,
Cellars Can Blau, Montsant, Spain 2017

*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



LUNCHEON

DESSERT

FRENCH APPLE TART À LA MODE | Puff Pastry Tart, Caramelized Apples & Vanilla Ice Cream

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

VANILLA ICE CREAM PUFF | Choux Paste & Diet Vanilla Ice Cream

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

VARIETY OF FRENCH & INTERNATIONAL CHEESE | Traditional Condiments & Crackers