



LUNCHEON

APPETIZER AND SALAD

- SPICY CHICKEN WINGS** | with Blue Cheese Dip and Croutons
 - ASSORTED BRUSCHETTA** | Classic Tomato, Mushroom & Olive, Avocado
 - CRUNCHY GREENS & BELLA VISTA DRESSING** | Mango, Citrus, Fennel & Toasted Cashews
- Traditional favorite dressings available plus today's special:
Fat Free Balsamic | Low-Calorie Yogurt Honey

SOUP

- ROASTED GARLIC SOUP** | with Sourdough Croutons
- Low-sodium Soups and plain Broth are available upon request

PASTA SPECIAL

CONCIUGLIE "AL TONNO" | with Fresh Ahi Tuna, Tomato, Kalamata Olives, Garlic & Parsley
Available as Appetizer or Main Fare

MAIN FARES

- CRAB LOUIS SALAD** | Marinated Crab Meat, Crisp Lettuce, Tomatoes, Cucumbers, Avocado, Grapefruit, Boiled Egg, Radish & Louis Dressing
 - ORIENTAL CHICKEN SALAD** | Alliance of Crisp Greens & Vegetables, Cilantro, Marinated Chicken Breast, Crisp Noodles, Hoisin Peanut Dressing
 - FISHERMAN'S PLATTER** | Fresh Cod, Shrimp, Oysters & Calamari, Wedge Potatoes, Lemon-Caper Remoulade, Cucumber Salad
 - SANDWICH OF THE DAY: THE B.L.T. & CHEDDAR** | Fresh Sourdough Bread, Crisp Bacon, Lettuce, Tomato & Cheddar Cheese, Hops Cabbage-Apple Slaw & French Fries
 - GRILLED BEEF PAILLARD*** | Mushrooms & Leeks, Fried Egg, Caper Butter, Roasted Potatoes
 - FRESHLY BAKED VEGETABLE STRUDEL** | Roasted Asparagus, Fine Herb Sauce
 - HAMBURGER OR CHEESEBURGER*** | Homemade Regular or Whole Wheat Bun, Pickles, Tomatoes, Stewed Onion Rings and French Fries
- Additional Toppings:
Applewood Smoked Bacon | Grilled Onions | Swiss, Blue or Cheddar Cheese

SIDES

STEAMED RICE | FRIED ONION RINGS | 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

Chateau La Chablaire
"La Sereine," France, 2014

RED

Maison, France by Chet, Bordeaux,
France 2014

*United States Public Health Advisory: Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs increases your risk for food-borne illnesses, especially if you have certain medical conditions.

VEGAN (vegetarian) (vegetarian) (vegan) (vegan) (vegan) (vegan) (vegan) (vegan) (vegan) (vegan)



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DESSERT

CHOCOLATE CRUMB WALNUT TART | Sugar Crumb Crust, Baked Chocolate Walnut Filling & Chocolate Glaze

CRÈME CATALAN | Spanish Caramel Pudding

ICE CREAM SUNDAE

BOY SCOUT | Vanilla & Chocolate Ice Cream, Mini Marshmallows, Fudge Sauce, Whipped Cream & Truffled Macarons

SUGAR-FREE DESSERT

YOGURT MASCARPONE CREAM | Plain Yogurt, Mascarpone & Fresh Fruits

ICE CREAM

VANILLA, MINT CHOCOLATE CHIPS, STRAWBERRY | your choice of SUBSTITUTION: Mango or Chocolate Topping

FRESHLY FROZEN NONFAT YOGURT

MANGO

SHERBET

PANNA

FRUIT & CHEESE

SEASONAL FRUITS IN SEASON

VARIETY OF FRENCH & INTERNATIONAL CHEESE | Tactile and Consistent & Creamy